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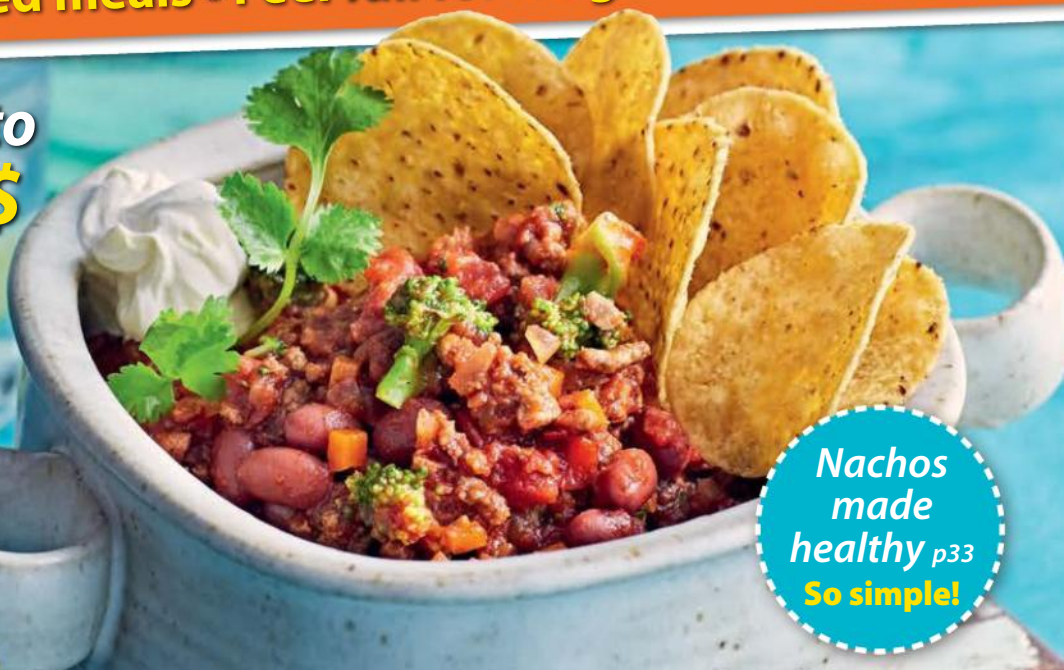
*Tips and tricks to
save you \$\$\$*

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gym sessions

**BGLs for
beginners**

ESSENTIAL GUIDE

*Breads and wraps:
our tasty top picks*



Nachos
made
healthy p33
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65 easy recipes

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Easter treats • Lunch box ideas
Midweek dinners • Meals for one

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MARCH/APRIL 2017, ISSUE 68

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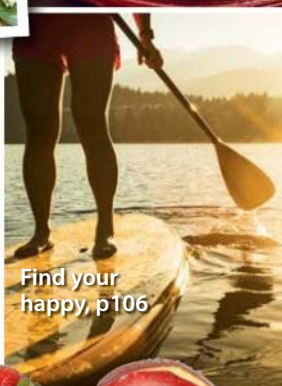
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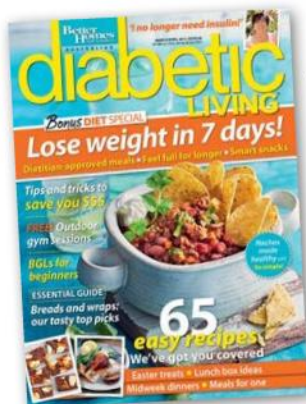
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WELCOME



Take action

Summer is peaking and those lazy days of endless lunches and twilight drinks will soon become a distant memory. But the results have left my belt feeling tighter. Perhaps it's making you think your favourite jeans have shrunk. If so, don't fret, help's here.

Lisa Urquhart, our *DL* dietitian, has compiled a seven-day eating plan that'll get you back on track. Commit to her mealtime makeover and you'll see the benefits in your blood glucose levels and your waistline.

Exercise will speed up your slim down so turn to page 110 and read how you can use an outdoor gym for free. I'm a regular walker and occasional tennis player and often I've stood in front of rows of sneakers not knowing which to buy. No longer. The story on page 112 has me sorted.

I feel a similar confusion in the supermarket bread aisle as I try to select the healthiest loaf. Fortunately on page 68, our dietitian Lisa has provided a guide to breads and wraps. As for fillings, turn to page 40 for a tasty selection.

With such expertise available, I'm looking forward to meeting a fitter, sleeker me by mid-March. I hope you're similarly inspired. Enjoy!

Toni

Toni Eatts, **Editor**



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GET YOUR FIX



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**LOOK OUT
for our next issue,
on sale 6 April**

3 things to try in this issue



New Anzac

Your favourite Aussie classic has been given a healthy makeover (page 66).

What's in your way?

Everyone faces barriers in achieving their goals, so we've got some great tips to get you through (page 129).



Hobbies that heal

Learn how having a hobby can deliver surprising health benefits (page 106).

Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Pacific Magazines nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.





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Here to help

Meet our experts – they'll advise you on all aspects of your *diabetes management*



In conversation with...

Dr Angus Turner

Dr Turner directs Lions Outback Vision, providing specialist eye-care services to remote areas of WA

What does an ophthalmologist do and how can they help me?

An ophthalmologist specialises in the medical and surgical care of eyes. We play an important role in preventing the complications of late-stage eye disease caused by diabetes. High blood glucose levels (BGLs) can damage your eyes over time but the problems are preventable if you have your eyes checked or screened regularly. Cataracts and glaucoma can also be associated with diabetes.

What do my eyes reveal about my health?

Your eyes are the only place in the body where, without surgery, we can look in and see veins, arteries, and the optic nerve (part of the brain) in detail.

Many conditions show signs in the eyes.

Ophthalmologists and optometrists are frequently among the first to spot certain problems. An eye examination can be the first indicator of diabetes and high blood pressure, for example, before other symptoms are present.

What should I do to care for my eyes if I have diabetes?

To look after your eyes and help prevent vision loss, you need to:

- Have your eyes checked at least every two years by an optometrist or ophthalmologist to pick up early signs of damage.
- Control your BGLs.
- Maintain healthy blood pressure.
- Discuss your eye health with your GP to ensure you get the correct screening and follow-up.

Can you tell me about finding an ophthalmologist and fees?

If you wish to claim Medicare rebates you will need a referral from your GP or optometrist. They'll know of ophthalmologists in your local area and will most

likely refer you to one they are familiar with as they work to co-manage your eye health including post-operative and follow-up care. There are usually private specialists and also hospitals that have public eye clinics in your region. Fees will vary depending on who you see but would be free in a public facility. ■



OUR EXPERTS

Dr Kate Marsh Dietitian and diabetes educator

Kate, who has type 1, is in private practice in Sydney. nnd.com.au

Dr Sultan Linjawi Endocrinologist

A diabetes specialist, Sultan has a clinic in Coffs Harbour, NSW. drsultanlinjawi.com

Christine Armarego Exercise physiologist

At her clinic, Christine focuses on exercise as a way to improve BGLs. theglucoseclub.com.au

Dr Janine Clarke Psychologist

Janine is in private practice at Mend Psychology and The Sydney ACT Centre. mendpsychology.com.au

Dr Gary Deed General practitioner

Gary, who has type 1, is devoted to helping people with diabetes. He is in practice in Brisbane.

Danielle Veldhoen Podiatrist

Danielle works at Flinders Medical Centre, South Australia.

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potent serum that visibly
lightens dark spots. See
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*star
letter*

WEIGH TO GO!

After almost 11 years on diabetes medication, cholesterol tablets, blood pressure pills and daily injections, I've now lost 7.4 per cent of my body weight by following an exercise physiologist's program for five weeks. My endocrinologist tells me I'm now in diabetic remission and I'm off all my meds except one. If an everyday wife and mum of three like me can beat this disease, anyone can!

Trina Muller, NSW

travelling. There is so much to learn and I'm now starting to understand the large part that emotions and stress play in BGLs. I really appreciate your magazine for the practical guide to portions, fabulous recipes and the exercise tips – this will be my motivation!

Appreciative subscriber, WA
Editor's note: You'll find helpful guidelines in the Travel Easy article in our Nov/Dec 2016 issue.

ROCK THE ROOM

I was so inspired by the sugar-free confectionary feature in your Sept/Oct 2016 issue that I used it to make my 92-year-old dad a special treat. He had confessed to me that the thing he missed most after being diagnosed with type 2 was Darrell Lea Rocklea Road. Using your feature, I made him a sugar-free version which he absolutely loves.

Kay Middleton, NSW

LIFE SUPPORT

I have pre-diabetes and I'm working really hard to avoid it progressing to type 2. I bought your magazine for the first time the other day and I read it cover to cover. With all the delicious recipes, expert advice and heart-warming stories from people living with diabetes, I feel I've now found the support I need.

Lucille Bower, Vic

TOP READ FOR ALL

One day at work somebody left an issue of *Diabetic Living* in our staff room. I started reading it in my tea break and thought it was great. I don't have diabetes but I subscribed anyway. I love the recipes – and the information and experiences throughout are helpful and interesting. I recommend your magazine to anyone whether they have diabetes or not. Love it!

Melissa Jackson, NSW

PORTION CONTROL

I'm still finding my way with late onset type 1 diabetes. The carb counting and managing my blood glucose levels (BGLs) is especially difficult to achieve when I'm



Like it

Join the conversation on Facebook...

Seek answers

Things will happen, good and bad. Ask questions. If you don't understand, ask until you do.

– Christine Limburg

INTREPID TRAVELLER

Don't let diabetes slow you down. I have travelled via air and cargo ship at least twice a year from Texas, USA to Australia since I was diagnosed 15 years ago.

– Terrie Beckley

THE HIGHS AND LOWS

Life is a journey and it has peaks and troughs. So too will your life now with diabetes. Just remember for every trough there soon will be a peak.

– Teresa Procter

True heroes

My son was three-and-a-half years old when he was diagnosed and is now almost four. Type 1s must be some of the bravest people around – we think our boy is.

– Ad Murfs

Silver linings

There are plenty, way worse things you could have [than diabetes]. It may be a life sentence, but it's not a death sentence.

– Brooke Boneham

CHOCALOLICS ANON

I was told a little chocolate was still okay to have but I have never stopped at a little chocolate. Sometimes it's better to give something up than constantly trying to just have a little and failing.

– Andrew Godleman

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Jean-Baptiste Charpentier, the elder *The Duke of
Penthievre and his family* c.1768 (detail) © Château de
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Your health

news • advice • research • products



Sweet hit

A leading Australian think tank believes a tax on sweet fizzy beverages could mean a 15 per cent drop in consumption. The Grattan Institute is calling for a tax of 40 cents per 100g of sugar on all non-alcoholic soft drinks. While a tax isn't a 'silver bullet' for our weight problems, it would encourage healthier lifestyles, the institute says.

2x A WEEK IS HOW OFTEN THOSE WITH TYPE 1 HAVE A HYPO ON AVERAGE, A DEAKIN UNIVERSITY SURVEY STATES. AND ONE IN FIVE SAY THEY'VE HAD ONE SO SEVERE IN THE LAST SIX MONTHS THEY NEEDED HELP.

STAND UP FOR YOURSELF

You may feel silly doing it, but a quick workout at your desk could lower blood pressure if you have type 2 diabetes. Sitting for hours on end is widely known to be a bad idea for lots of health reasons.



Now Australian researchers have found that a three-minute exercise session every half hour can lower the blood pressure in overweight adults with type 2.

To sum it up – sit less, move more!

Ask DR LINJAWI



I was diagnosed with gestational diabetes mellitus (GDM) in my first pregnancy and I've read that this is linked to childhood obesity. My daughter is now seven years old – is she at risk?

Dr Linjawi says: Unfortunately, yes, however there are steps you can take to ward off her risk. A recent Finnish study showed that children born to women who had GDM or pre-existing diabetes (type 1) were 28 per cent more likely to be overweight at seven years old.

This is sobering news for any parent to hear, but we are beginning to understand that not only lifestyle factors, but gut bacteria, genetics and stress all contribute to weight distribution, so your daughter is not necessarily predetermined to be overweight or obese based on the effects of gestational diabetes alone.

Helping the whole family maintain a healthy, active lifestyle from now until your daughter enters her teens and into adulthood will help mitigate risks associated with excess weight. ➤

Dr Sultan Linjawi, endocrinologist
Read more from Dr Linjawi on Facebook
and at his website, drsultanlinjawi.com

Email your questions to:
diabeticliving@pacificmags.com.au
Post: Diabetic Living, Q&A: Health,
GPO Box 7805, Sydney, NSW 2001.



JUST ADD VEG!

The latest dietary survey shows only seven per cent of Australian adults get their five serves of veg a day. Try these easy ways to load more vegies onto your plate.

- Forget the bacon – serve grilled tomato, spinach, mushrooms or blanched asparagus with your breakfast eggs.
- Add lettuce, rocket or baby spinach leaves to your sandwich, along with sliced tomato and a light spread of avocado instead of butter.
- Include at least three different vegies with your main meal each and every day, aiming for a variety of colours.

Magic mangoes

These tropical fruits may become the latest superfood to help ward off type 2 diabetes.

A recent animal study in *The Journal of Nutrition* shows mangoes may combat certain bacteria in the intestinal tract that play a role in obesity and related health conditions.



Ask DR MARSH



I have pre-diabetes and high blood pressure, and my GP says I need to lose weight. It's hard for me to exercise as I'm on a waiting list for a hip replacement. What diet changes can I make now to help bring my blood pressure down?

Dr Marsh says: An eating plan called the DASH Diet (Dietary Approaches to Stop Hypertension) has been found to be as effective as medication for treating mild hypertension and may even prevent or delay the need for meds in people with borderline high blood pressure.

The DASH Diet is based around plant foods including fruits, veg, whole grains, legumes, nuts and seeds. It also recommends including low-fat dairy products regularly, eating more fish in place of red meat, and limiting refined or processed grains, added sugars and saturated and trans fats.

It's also important to limit salt and alcohol. If you're carrying extra weight, losing just five to 10 per cent of your body weight can help to lower blood pressure, and should be achievable even while activity is limited. ➤

Dr Kate Marsh, advanced accredited practising dietitian and credentialed diabetes educator

Email your questions to:

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/ p.serve

for your muscles

for your digestion

Low Gi 22 ✓

** recommended for diabetics*



LOW GI BREAD

Low Carb 5.4% ✓

Low sugar 1.5% ✓

for weight loss

great for children

High Protein 26.0% ✓

High Fibre 10.7% ✓

for your muscles

for your digestion

Low Gi 24 ✓

** recommended for diabetics*



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Postprandial stroll best



Take a walk after you eat and you could find your blood glucose levels (BGLs) improve, New Zealand researchers have found. For those with type 2 diabetes, taking a 10-minute walk three times a day (after each meal) can help your BGLs drop by an average 12 per cent more over walking at other times. So, let's get moving!

5 FIT FIXES

New to exercise? These tips will help you go the distance

- 1 **Research it**
Finding the right exercise for you will keep you on track.
- 2 **Ask for help**
Talk to an accredited exercise physiologist to help you exercise safely.
- 3 **Be brave** Accept it may feel hard to begin with; focus on your progress.
- 4 **Give it time**
Be patient and kind to yourself.
- 5 **Get the gear**
Don't break your budget but buy the right gear to stay comfy and happy.



Ask CHRISTINE



When is the best time of the day to exercise and why?

Christine says: There's a lot of information about the optimum time to exercise. The main thing is that you do it. Research shows you can get used to being active at most times of the day, but the best timing is one that works for you. Check out the pros of morning versus evening.

In the mornings

PROS

- ✓ Done before your busy day
- ✓ Energises you
- ✓ Fat loss is improved
- ✓ Vigorous morning sessions raise metabolism for the next 12 hours

CONS

- ✗ It can be hard to get out of bed
- ✗ For people on glucose-lowering medication, testing and eating breakfast first can prevent hypos

Afternoons or evenings

PROS

- ✓ Recharges after a hectic day
- ✓ Research shows people feel stronger later in the afternoon

CONS

- ✗ Exercising too close to bedtime can impact your sleep
- ✗ Easy to cancel if life gets busy ➤

Christine Armarego,
accredited exercise physiologist

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LOAD UP WITH INFO

Has your child recently been diagnosed with type 1 diabetes? No doubt you'll have plenty of questions. If you live in Victoria, get the answers at the Diabetes Victoria Expo on 25 February where you'll find experts, information sessions, useful products and



other parents to chat to. Book online at www.diabetesvic.org.au or call 1300 136 588 for info about the event: free for members and children under 17. Entry is \$25 for non-members. Don't live in Victoria? Go to diabeticliving.com.au for tips on meds, recipes and more.

Ask ELISSA



Our child has type 1 diabetes and is always so afraid of getting shots. How did you manage the insulin injections?

Elissa says: In 2002, when my son Charlie was diagnosed with type 1, this was one of my main concerns. As many parents know, trying to give a three-year-old an injection can be extremely difficult. I found the lead-up to the injection could be a lot worse than the needle itself.

One tactic that worked for us was to get the injection ready out of sight of the children. I would then walk up to whoever needed the injection, tell them I was going to give them a needle and then pull up their shirt or pants leg and inject them in their tummy or thigh.

This method was great because it was all over before my sons had a chance to even think about it. They soon realised that most of the injections could barely be felt. After a short time the boys wanted to do their own injections as it made them feel 'all grown up'. ■

Elissa Renouf, owner of Diabete-ezy and mum of four kids with type 1. Her range of convenient diabetes products is available at diabete-ezy.com



Email your questions to:
diabeticliving@pacificmags.com.au
Post: Diabetic Living, Q&A: Ask About Your Kids, GPO Box 7805, Sydney, NSW 2001.



1 in 5

TYPE 1 TEENS REGULARLY USE AN APP TO HELP MANAGE THEIR DIABETES, MOSTLY FOR CARB COUNTING, SAYS AN AUSTRALIAN STUDY OF TEENAGERS WITH TYPE 1 BY DEAKIN UNIVERSITY.

Sharp idea

Handling diabetes on-the-go isn't easy for anyone, let alone youngsters who can struggle with sharps disposal when out and about. The new Unifine Pentips Plus has a built-in chamber to safely store used needles until they can be disposed of. Compatible with all pens and available free of charge on the NDSS to eligible registrants.



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Fast Ed's pub favourite

'Fast Ed' Halmagyi gives chicken parmigiana a healthy makeover

Enjoy this modern reinvention of a popular counter meal – just as tasty but with far fewer kilojoules.

Chicken parmigiana with vegetable noodles

PREPARATION TIME: 10 MINS

COOKING TIME: 45 MINS

SERVES: 4 (AS A MAIN)

2 slices wholegrain bread
300g (2 cups) cherry tomatoes, halved
¼ bunch basil leaves
1 Tbsp extra virgin olive oil
½ tsp red wine vinegar
4 (200g each) skinless chicken breast fillets, trimmed of fat
60g (½ cup) grated light mozzarella

2 medium zucchinis
2 carrots, peeled

1 Preheat oven to 180°C (fan-forced). Chop the bread into very small pieces and arrange on an oven tray. Bake for 5 minutes, until crisp, then set aside.

2 Put the tomatoes, basil, olive oil and vinegar in a small saucepan over medium heat. Cook for 20 minutes, stirring often, until the tomatoes are nice and soft. Use a fork to crush the tomatoes.

3 Meanwhile, arrange the chicken breast fillets in a single layer within a steamer basket and place over a saucepan of simmering water. Cover and steam for 20 minutes until just cooked.

4 Transfer the chicken to an oven tray lined with baking paper. Scatter the bread pieces and cheese over the chicken. Bake for 5 minutes or until the cheese melts.

5 Using a spiralizer or mandolin with a toothed blade, cut the zucchinis and carrots into noodles. Bring a saucepan of water to the boil and add the vegetables. Cook for 5 minutes or until tender. Drain and serve with the sauce and chicken.

COOK'S TIP

A spiralizer is a great addition to your kitchen. You can use it for turning vegetables into 'pasta' or 'noodles'. Find them in kitchenware stores or shops such as Target and Kmart.



MORE OF 'FAST ED'

For more great recipes, as well as tips for decorating your home, sprucing up your garden, looking after your pets and boosting your wellbeing, read *Better Homes and Gardens* and tune in to the BHG TV show on Channel 7. Check your local TV guide for scheduling information in your area.

Chicken parmigiana
with vegetable noodles
This good ole pub classic tastes
even better when you make it
yourself. Just add company!



How
our food
works
for you
see page 74

nutrition info

PER SERVE 1626kJ, protein 53g, fat
11.7g (sat. fat 3.6g), carbs 13g, fibre
7g, sodium 267mg • Carb exchanges: 1
• GI estimate: low • lower carb option

Healthy wraps are a snap!

Did you know that some foods that look healthy can have high levels of salt and may contain artificial preservatives? By looking at the nutrition panel you can make smarter choices.

Healthy eating doesn't mean you have to deprive yourself of satisfying, great tasting foods. Wraps are a quick and easy way to make a fantastic meal, so we asked leading dietitian Joanne Turner for her tips on making healthy wraps that tick all the boxes.



1 AVOID EXCESS SALT

Research has shown Australians consume too much salt*. Common grocery items including processed meats, wraps, crispbreads and snacks can be surprisingly high in salt. When you shop, take a moment to check the nutrition label before you buy, and if necessary look for a lower salt alternative.

2 KNOW YOUR ADDITIVES

While you've got your eyes on the label, you can check for other additives, like artificial preservatives. Some common artificial preservatives include 200 (potassium sorbate), 282 (calcium propionate) and 281 (sodium propionate).

3 FULL OF FLAVOUR

The secret to a great wrap is the fillings. Add 80g of lean protein such as skinless chicken breast or a boiled egg plus plenty of low-starch salad vegies for extra fibre. Add extra flavour by combining herbs, citrus juice, vinegar and low fat yoghurt with mustard and spread it on your wrap for extra zing!

MAKE THE SWITCH

Helga's Traditional White and Mixed Grain Wraps are tasty and versatile. With no artificial preservatives and lower salt than the market leader**, you can pop them in your trolley with confidence.

To find out more, visit helgas.com.au



MEET OUR EXPERT, JOANNE TURNER

As Australia's leading dual-qualified accredited practicing dietitian, Joanne Turner has consulted to thousands of individual, corporate and elite athlete clients, the food industry and media. Jo is also a devoted mum to her three beautiful children.

*Source: FSANZ 2015. Accessed from foodstandards.gov.au/consumer/nutrition/salthowmuch/pages/howmuchsaltareweeating/howmuchsaltandsodium4551.aspx Australian Health Survey.
**Helga's Traditional White and Mixed Grain Wraps contain less sodium (430mg/100g) and (450mg/100g) than Mission Wraps Original (790mg/100g) September 2016.

IT'S WHAT WE'VE LEFT OUT THAT MATTERS



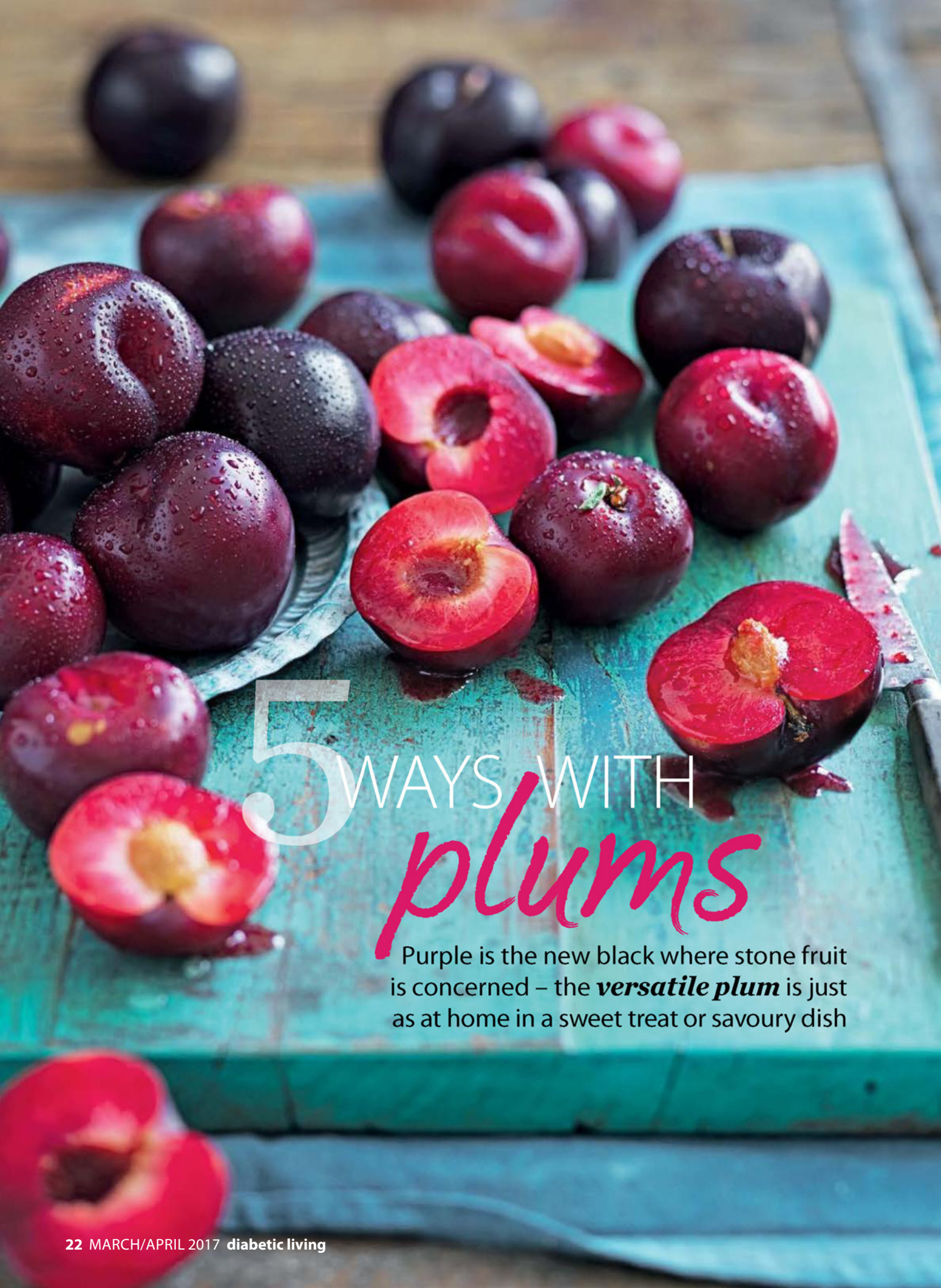
- ✓ **LESS SALT THAN THE
MARKET LEADER***
- ✓ **NO ARTIFICIAL PRESERVATIVES**



IT'S NOT JUST BREAD, IT'S HELGA'S.

Find out more at [!\[\]\(339a16584d5da0f0a3ca4e9ec17bf6a1_img.jpg\) Helga's Continental Bakehouse](#)

*Helga's Traditional White Wraps contain less sodium (430mg/100g) than Mission Wraps Original (790mg/100g) (September 2016).



5 WAYS WITH *plums*

Purple is the new black where stone fruit is concerned – the **versatile plum** is just as at home in a sweet treat or savoury dish

Plum and ginger
crumble dessert slice

A sweet finale that tastes a little sinful!

see recipe, page 28 >>

How
our food
works
for you

see page 74

nutrition info

PER SERVE (slice only):

586kJ, protein 3g,
total fat 3.4g (sat. fat
0.8g), carbs 23g,
fibre 3g, sodium 80mg

- Carb exchanges 1½
- GI estimate medium

PER SERVE (with custard):

658kJ, protein 4g, total
fat 3.5g (sat. fat 0.9g),
carbs 26g, fibre 3g,
sodium 99mg

- Carb exchanges 1⅔
- GI estimate medium

nutrition info

PER SERVE 2025kJ,
protein 43g, total fat
18.5g (sat. fat 2.8g),
carbs 29g, fibre 11g,
sodium 335mg

- Carb exchanges 2
- GI estimate low
- Gluten-free option

Chicken with plum and herb stuffing

Easy to make, this sweet
and savoury sensation is
sure to impress guests.

see recipe, page 28 >>

Chinese-style
braised pork
and plums

A classic combo that
entices with just the
right amount of spice.
see recipe, page 30 >>

nutrition info

PER SERVE 2081kJ,
protein 34g, total fat
14g (sat. fat 4g),
carbs 53g, fibre 9g,
sodium 483mg
• Carb exchanges 3½
• GI estimate low
• Gluten-free option

nutrition info

PER SERVE 1633kJ,
protein 34g, total fat
10.7g (sat. fat 1.9g),
carbs 34g, fibre 6g,
sodium 633mg
• Carb exchanges 2½
• GI estimate low
• Gluten-free option

**Pan-fried fish
with plums**
Seafood and plums go
together swimmingly
– dive right in!
see recipe, page 30 >>





Plum, hazelnut and
orange free-form tart
No blind baking or tin needed
– this tart is as easy as pie!
see recipe, page 30 >>

nutrition info

PER SERVE (tart only):
561kJ, protein 3g,
total fat 3.7g (sat. fat
0.5g), carbs 21g, fibre
3g, sodium 27mg
• Carb exchanges 1½
• GI estimate medium

PER SERVE (with ice-cream): 715kJ, protein
5g, total fat 4.6g (sat. fat
1.1g), carbs 23g, fibre
5g, sodium 43mg
• Carb exchanges 1½
• GI estimate medium



Plum and ginger crumble dessert slice

PREPARATION TIME: 10 MINS

(+ 20 MINS STANDING TIME)

COOKING TIME: 45 MINS

SERVES 14 (AS A DESSERT)

Base

80g (½ cup) wholemeal plain flour
75g (½ cup) self-raising flour
70g light margarine
80ml (⅓ cup) low-fat milk

Filling

500g white-fleshed plums, flesh sliced
350g Granny Smith apples, peeled, quartered, cored, thickly sliced
1 Tbsp caster sugar
2 Tbsp water
Pinch ground cinnamon
Pinch ground ginger

Crumble topping

40g (1 cup) Special K, lightly crushed
45g (½ cup) rolled oats
2 Tbsp brown sugar
1 tsp ground cinnamon
2 Tbsp honey
60g egg, lightly whisked

To serve

1 Tbsp low-fat vanilla custard, per serve (optional)

1 Preheat oven to 190°C (fan-forced). Line a 16 x 26cm (base measurement) lamington pan with baking paper, allowing it to overhang the sides.

2 To make base, combine flours in a medium bowl. Add margarine and, using fingertips, rub in until well combined. Stir in milk (mixture is wet). Spread mixture over lined pan. Bake for 10-12 minutes or until base is lightly golden and cooked through.

3 Meanwhile, to make filling, put the plums, apples, sugar, water, cinnamon and ginger in a medium saucepan. Cover and bring to a simmer over medium heat. Reduce heat to medium-low and cook, covered, for 8-10 minutes or until fruit is soft. Transfer to a bowl to cool slightly.

4 To make crumble topping, combine Special K, oats, sugar and cinnamon in a medium bowl. Stir in honey and egg.

5 Spoon filling over base of prepared pan. Top with crumble. Bake for 15 minutes or until crumble is golden. Set aside in pan for 20 minutes. Carefully lift out onto a board; cut into pieces. Serve warm, or at room temperature. Serve with custard, if desired.

COOK'S TIP

Keep in an airtight container in the fridge for up to 5 days.



Chicken with plum and herb stuffing

PREPARATION TIME: 15 MINS

(+15 MINS RESTING)

COOKING TIME: 20 MINS

SERVES 2 (AS A MAIN)

300g (1 large) skinless chicken breast, trimmed of fat

1 tsp extra virgin olive oil
2 tsp Dijon mustard
1 bunch broccolini, steamed, to serve
1 bunch baby carrots, steamed, to serve

Plum and herb stuffing

1 tsp extra virgin olive oil
1 brown onion, finely chopped
2 garlic cloves, finely chopped
2 Tbsp finely chopped hazelnuts
300g plums, flesh finely chopped
45g (1 cup) fresh breadcrumbs made from sourdough bread or gluten-free breadcrumbs
2 Tbsp finely chopped herbs (such as parsley and thyme)
1 egg yolk (of 60g egg)
Pinch of ground black pepper
Thyme sprigs, to serve (optional)

1 Cut chicken breast in half horizontally through the middle. Loosely wrap pieces in plastic wrap. Use a mallet or rolling pin to pound until very thin. Place on a plate and cover. Set aside.

2 Prepare stuffing following the method, below right. Set aside.

3 Preheat oven to 200°C (fan-forced). Line a baking tray with baking paper. Lay the flattened chicken pieces on a clean board, and divide stuffing between each. Roll up firmly to enclose stuffing, securing with kitchen string. Heat oil in a medium non-stick frying pan over medium-high heat. Add chicken to pan and cook, turning occasionally, for 2 minutes, or until well browned. Transfer to baking tray. Bake in oven for 10-15 minutes or until chicken is cooked through. Transfer to a board and set aside, covered loosely with foil, for 5 minutes.

4 Remove string and slice chicken. Serve with mustard and veggies, and with thyme sprigs, if you like.

Good for you

Plums are the juiciest of the stone fruits, and come in many varieties that range from extremely tart in flavour to quite sweet. In their dried form, plums become prunes, and are well known for their laxative properties.

Along with fibre, they also contain the compounds sorbitol and isatin, which promote the action of the smooth muscle in the intestine and can be helpful in preventing constipation.



Plums are a source of vitamin K, which plays an important role in helping the blood clot.

They're also high in vitamin A and some antioxidants which are essential for eyesight. Like many fruits, plums contain lots of vitamin C, which plays a part in many of the body's processes including immune function.



One plum contains around 7g carbohydrates; plums are also low-GI (24) and have a low-glycaemic load (approx. 2-3) so they're a great snack to keep blood glucose levels steady.



NUTRITION INFO

Per 100g: 162kJ, protein 1g, total fat 0.1g (sat. fat 0g), carbs 7g, fibre 2g, sodium 267mg

• Carb exchanges ½ • GI estimate low

Plum and herb stuffing method

Heat the oil in a medium non-stick frying pan over medium heat. Add the onion and garlic, then cook, stirring often, for 5-6 minutes or until onion starts to soften. Add hazelnuts and cook, stirring, for 1 minute. Add the plums and cook, stirring often, for 2 minutes. Remove from heat, transfer to a bowl and set aside for 10 minutes. Stir in breadcrumbs, herbs, egg yolk and black pepper until combined.





Plum, hazelnut and orange free-form tart

PREPARATION TIME: 15 MINS

(+ 30 MINS CHILLING TIME)

COOKING TIME: 20 MINS

SERVES 12 (AS A DESSERT)

- 3 Tbsp hazelnut meal
- 1 Tbsp icing sugar, sifted
- 1 eggwhite (of 60g egg), whisked
- 400g red-fleshed plums, sliced
- 1 large orange, skin and white pith removed, segmented
- 2 Tbsp brown sugar
- 1 egg yolk (of 60g egg), lightly whisked
- 1 tsp demerara sugar
- 12 (30g) small scoops Peters No Sugar Added ice-cream (optional)

Pastry

- 160g (1 cup) wholemeal plain flour
- 45g (¼ cup) rice flour
- 2 Tbsp icing sugar, sifted
- 60g light margarine
- 3 Tbsp chilled water

1 To make the pastry, put flours, icing sugar and margarine in a small food processor. Cover and process until well combined. Add enough water and process until mixture starts to come together. Turn out onto a lightly floured surface and form a ball. Press into a disc, wrap in plastic wrap and put in the fridge for 30 minutes.

2 Preheat oven to 190°C (fan-forced). Combine hazelnut meal, icing sugar and eggwhite in a bowl. Lightly dust a piece of baking paper, big enough to cover a large baking tray, with flour. Place pastry on paper and roll out to form a 30cm circle. Place paper with pastry on the baking tray.

3 Spread hazelnut mixture over the pastry, leaving a 4cm edge of pastry uncovered. Arrange plums and orange over the top and sprinkle with brown sugar. Fold over edge of pastry to partially cover fruit. Brush edge with egg yolk and sprinkle with demerara sugar. Bake for 20-25 minutes or until pastry is light golden. Serve warm with ice-cream, if you like.



Chinese-style braised pork and plums

PREPARATION TIME: 15 MINS

COOKING TIME: 2 HOURS 45 MINS

SERVES 4 (AS A MAIN)

- 2 tsp olive oil
- 500g trimmed pork scotch fillet, cut into 3cm cubes
- 3cm-piece ginger, peeled, grated
- 3 garlic cloves, crushed
- 2 tsp salt-reduced soy sauce or gluten-free soy sauce
- 1 Tbsp rice wine vinegar
- 2 Tbsp brown sugar
- 1 tsp Chinese five-spice
- 1 cinnamon stick, broken in half
- 2 star anise
- 400g jar Mutti Passata
- 250ml (1 cup) water
- 350g plums, flesh cut into pieces
- 170g (¾ cup) Doongara rice, cooked to packet directions
- 2 bunches bok choy, steamed

1 Combine oil, pork, ginger and garlic in a bowl. Heat a large, heavy-based saucepan over medium-high heat. Cook pork mixture, stirring often, for 3-4 minutes or until lightly browned.

2 Add soy sauce, vinegar, sugar, five-spice, cinnamon, star anise,

passata, water and plums. Bring to a simmer then cover and cook, stirring occasionally, for 2½-3 hours or until pork is very tender.

3 Serve pork and plums on rice and with the bok choy.



Pan-fried fish with plums

PREPARATION TIME: 10 MINS

COOKING TIME: 10 MINS

SERVES 2 (AS A MAIN)

- 2 x 150g fillets boneless white fish
- 1 Tbsp rice flour
- 3 tsp extra virgin olive oil
- 2 tsp light margarine
- 2 large white-fleshed plums, flesh cut into thin wedges
- 1 Tbsp cranberry jelly
- Juice of half an orange
- 60ml (¼ cup) salt-reduced chicken stock or gluten-free stock
- Pinch freshly ground black pepper
- 150g green beans, steamed, to serve
- 300g small Carisma potatoes, halved, steamed, to serve
- 1 Tbsp finely chopped tarragon

1 Coat fish in flour, shaking off excess. Heat oil in a non-stick frying pan over medium heat. Cook fish for 2 minutes each side, or until opaque. Transfer to a plate, cover with foil and set aside.

2 Add margarine and plums to pan. Cook, stirring, for 2-3 minutes or until caramelised. Transfer to a plate. Add cranberry jelly, juice and stock to pan. Simmer, for 2-3 minutes or until reduced by half. Return plums. Sprinkle with pepper.

3 Place fish, beans and potatoes on serving plates. Spoon plums and sauce over fish. Sprinkle with tarragon and pepper. Serve immediately. ■

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Butter Chicken



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or order online at www.tlc.org.au

How
our food
works
for you

see page 74

**nutrition
info**

PER SERVE: 1763kJ,
protein 18g, total fat
14.8g (sat. fat 2.3g),
carbs 43g, fibre 19g,
sodium 689mg

- Carb exchanges 3
- GI estimate low
- Gluten-free option

Curried cauliflower,
mango and chickpea toss
Spinach and spice and all things
nice – perfect for me, myself and I.
see recipe, page 36>>

Cooking for one

Dine in style every night with our
quick and easy, fuss-free meals

cover
recipe

Beef and bean nachos
Arriba arriba! Put Mexican
on the menu tonight.
see recipe, page 37 >>

nutrition info

PER SERVE: 2169kJ,
protein 39g, total fat 14.5g
(sat. fat 5.8g), carbs 46g,
fibre 21g, sodium 653mg
• Carb exchanges 3
• GI estimate low

**Creamy pesto potato
and salmon salad**
Good-for-you-greens and
heart-healthy salmon make
this salad a 'must-make' meal.
see recipe, page 37 >>

nutrition info

PER SERVE 1559kJ,
protein 31g, total fat
12g (sat. fat 2.5g),
carbs 30g, fibre 8g,
sodium 656mg
• Carb exchanges 2
• GI estimate low
• Gluten free

gluten free



These delicious dishes are
HEALTHY, FRESH
and full of flavour!

Japanese-style
chicken noodle soup
Packed with protein and
nutritious vegies, this recipe
is simply souperb!
see recipe, page 37 >>

nutrition info

PER SERVE 1601kJ,
protein 42g, total fat
5.1g (sat. fat 1.4g),
carbs 35g, fibre 11g,
sodium 783mg
• Carb exchanges 2½
• GI estimate low
• Gluten-free option



Curried cauliflower, mango and chickpea toss

PREPARATION TIME: 10 MINS

(+ 15 MINS COOLING TIME)

COOKING TIME: 40 MINS

SERVES 1 (AS A MAIN)

250g cauliflower florets,
cut into small florets
1 small brown onion,
cut into thin wedges
1 garlic clove, finely chopped
2 tsp olive oil
2 tsp tikka masala curry paste
or gluten-free curry paste
¼ tsp Massel Salt-Reduced
Vegetable Stock Powder
125ml (½ cup) boiling water
125g can chickpeas, rinsed
and drained
40g (1½ cups) baby spinach
leaves
½ mango, flesh chopped

1½ Tbsp low-fat Greek-style

natural yoghurt

2 tsp freshly squeezed lemon juice

Freshly ground black pepper

1 Preheat oven to 200°C

(fan-forced). Line a small roasting pan with baking paper. Spread cauliflower, onion and garlic in pan. Drizzle over oil. Add curry paste and combined stock powder and water. Toss to combine and coat in the mixture. Cover with foil and cook for 30 minutes. Remove foil and cook, uncovered, for a further 10 minutes or until cauliflower is tender. Set aside to cool for 15 minutes.

2 Put cauliflower mixture in a medium bowl. Add chickpeas and spinach and toss to combine. Gently toss in the mango.

3 Whisk yoghurt, lemon juice and pepper. Drizzle over the salad and serve.

COOK'S TIP

For a change, replace the chickpeas with butter beans and lemon juice with lime.

Chickpeas are a great source of protein, HIGH IN FIBRE and low GI, so they'll keep you fuller for longer

FOOD *single serves*



Beef and bean nachos

PREPARATION TIME: 10 MINS

COOKING TIME: 25 MINS

SERVES 1 (AS A MAIN)

¼ tsp olive oil
½ brown onion, finely chopped
80g broccoli, finely chopped
1 carrot, finely chopped
100g extra lean beef mince
1½ tsp salt-reduced taco seasoning
400g can no added salt crushed tomatoes
60ml (¼ cup) water
125g can red kidney beans, rinsed and drained
20g Macro Organic Corn Chips
1 Tbsp extra light sour cream
Coriander leaves, to serve

1 Heat oil in a medium non-stick frying pan over medium heat. Add onion, broccoli and carrot. Cook, stirring often, for 4 minutes. Increase heat to high and add beef mince. Cook, stirring, for 2 minutes or until mince is browned. Add seasoning and cook, stirring, for 1 minute.

2 Add tomatoes, water and kidney beans to the pan. Cover and simmer for 10 minutes, then uncover and simmer for a further 5 minutes.

3 Meanwhile, preheat oven to 180°C (fan-forced). Wrap corn chips loosely in foil. Heat in the oven for 5 minutes, or until warmed through.

4 Pour mince mixture into a serving dish. Push corn chips into mince. Top with sour cream and coriander leaves.



Creamy pesto potato and salmon salad

PREPARATION TIME: 10 MINS

COOKING TIME: 20 MINS

SERVES 1 (AS A MAIN)

200g Carisma potatoes, chopped
½ bunch asparagus, woody ends trimmed
50g green beans, trimmed
2 tsp Jamie Oliver Italian Herb Pesto
2 Tbsp low-fat Greek-style natural yoghurt
¼ cup small basil leaves
Zest of ¼ lemon
3 green olives, pitted, halved
105g can red salmon, drained, broken into large pieces

1 Put potatoes in a medium saucepan and cover with plenty of cold water. Cover and bring to a simmer over high heat. Simmer for 5-6 minutes, or until just tender. Add asparagus and beans and simmer for 1 minute. Drain and rinse under cold water. Diagonally slice asparagus and beans. Transfer to a serving bowl.

2 Whisk pesto and yoghurt in a small bowl. Add to potato mixture and toss to combine. Add basil leaves, lemon zest, olives and salmon. Toss to combine. Transfer to a bowl and serve.

COOK'S TIP

For a tasty twist on this dish, swap the herb pesto for a tomato pesto, lemon zest with lime and the salmon with canned tuna in springwater.



Japanese-style chicken noodle soup

PREPARATION TIME: 10 MINS

COOKING TIME: 20 MINS

SERVES 1 (AS A MAIN)

250ml (1 cup) water
125ml (½ cup) salt-reduced chicken stock or gluten-free stock
1 tsp salt-reduced soy sauce or gluten-free soy sauce
2 tsp mirin (see Cook's tip)
2cm-piece fresh ginger, peeled, finely grated
1 garlic clove, crushed
150g skinless chicken breast, trimmed of fat
1 small carrot, cut into thin strips
90g Obento Soba Noodles or gluten-free noodles
1 cup finely shredded cabbage
1 cup baby spinach leaves
½ small fresh red chilli, thinly sliced, optional

1 Bring water, stock, soy sauce, mirin, ginger and garlic to a simmer over medium heat. Add chicken and reduce heat to medium-low. Cook, turning occasionally, for 10-12 minutes or until meat is just cooked through. Transfer to a plate and set aside.

2 Return stock to a simmer. Add carrot and noodles. Simmer for 2 minutes. Add cabbage and simmer for a further minute.

3 Shred chicken and add to pan with spinach. Cook for 30 seconds or until spinach wilts. Serve topped with fresh chilli, if using. ■

COOK'S TIP

You'll find mirin in the Asian section of most supermarkets.

Lovely limes

Refreshing, fragrant and in season!
You can't beat limes for adding
instant zing to sweet and
savoury dishes



nutrition info

PER SERVE 1154kJ, protein 21g,
total fat 12.2g (sat. fat 3.2g),
carbs 18g, fibre 5g, sodium 478mg
• Carb exchanges 1¼ • GI estimate low
• Gluten-free option



lower carb

Asian prawn salad with lime and chilli dressing

PREPARATION TIME: 15 MINS

SERVES 4 (AS A LIGHT MEAL)

160g (3 cups) finely shredded
Chinese cabbage (wombok)
1 large carrot, coarsely grated
100g snow peas, finely shredded
1 bunch coriander, leaves picked
40g unsalted dry-roasted cashews, roughly chopped
600g cooked king prawns, peeled and
deveined, tails left intact
70g Chang's Original Fried Noodles or
gluten-free noodles

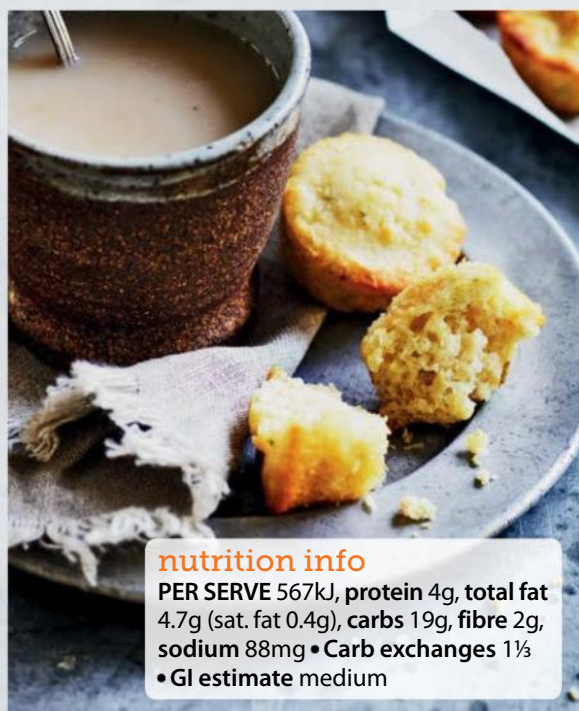
Lime and chilli dressing

Zest of ½ large lime
Juice of 1 large lime
2 tsp olive oil
1 tsp finely chopped fresh chilli
1 tsp caster sugar
½ tsp fish sauce

1 To make dressing, put lime zest, juice, oil, chilli, caster sugar and fish sauce in a small bowl. Whisk to combine.

2 To make salad, put cabbage, carrot, snow peas, coriander, cashews and prawns in a large bowl. Toss to combine.

3 Add dressing to salad and toss to combine. Divide salad between shallow serving bowls. Sprinkle over fried noodles and serve.



nutrition info

PER SERVE 567kJ, protein 4g, total fat 4.7g (sat. fat 0.4g), carbs 19g, fibre 2g, sodium 88mg • Carb exchanges 1½ • GI estimate medium

Lime and almond cake bites

PREPARATION TIME: 10 MINS

COOKING TIME: 15 MINS

MAKES 24 (2 PER SERVE)

Cooking spray

75g (½ cup) self-raising flour

40g (¼ cup) wholemeal self-raising flour

40g (¼ cup) wholemeal plain flour

110g (½ cup) caster sugar

85g (¾ cup) almond meal

Zest of 2 limes

125ml (½ cup) skim milk

60g egg

1 tsp vanilla extract

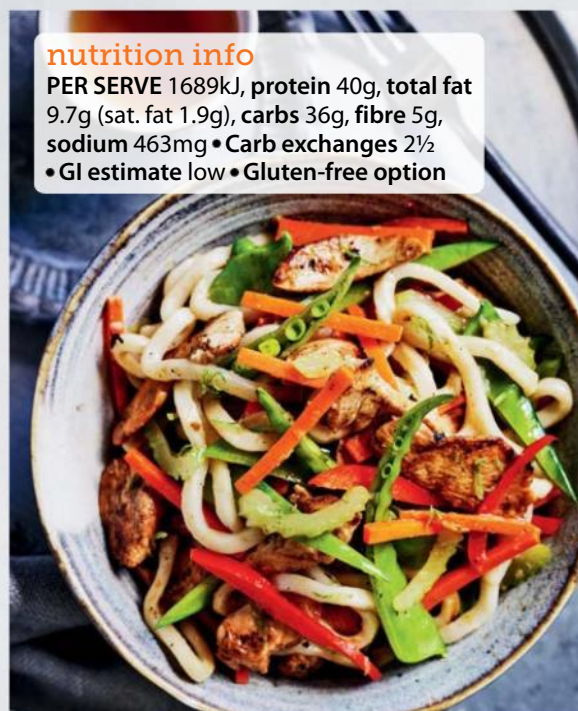
2 Tbsp freshly squeezed lime juice

1 Preheat oven to 170°C (fan-forced). Spray 24 x 30ml (1½ tablespoons) non-stick mini muffin tins with cooking spray.

2 Combine flours, sugar, almond meal and lime zest in a medium bowl. In a small bowl, whisk milk, egg and vanilla extract. Add to flour mixture with lime juice and mix until just combined.

3 Spoon mixture evenly between prepared muffin tins. Bake for 15-18 minutes or until light golden brown on top and cooked through when tested with a skewer. Set aside in tins for 5 minutes.

4 Use a small, sharp knife to loosen cake bites. Transfer to a wire rack. Set aside to cool completely. The cakes can be stored in an airtight container for up to 2 days, or in the freezer for 3 months.



nutrition info

PER SERVE 1689kJ, protein 40g, total fat 9.7g (sat. fat 1.9g), carbs 36g, fibre 5g, sodium 463mg • Carb exchanges 2½ • GI estimate low • Gluten-free option

Lime, ginger and chicken noodles

PREPARATION TIME: 10 MINS, PLUS 15 MINS MARINATING

COOKING TIME: 10 MINS SERVES 2 (AS A MAIN)

300g skinless chicken breast, trimmed of fat, thinly diagonally sliced

Zest and juice of 1 lime

4cm-piece fresh ginger, peeled, finely grated

3 tsp salt-reduced soy sauce or gluten-free soy sauce

2 tsp honey

3 tsp olive oil

1 carrot, cut into thin sticks or diagonally sliced

2 celery sticks, thinly diagonally sliced

½ red capsicum, cut into thin strips

100g snow peas, diagonally sliced

1 Tbsp water

200g pkt Obento Udon Noodles or gluten-free noodles

1 Put chicken, lime zest and juice, ginger, soy and honey in a shallow dish. Turn to coat. Cover and set aside for 15 minutes to marinate.

2 Heat half the oil in a large wok over a high heat. Drain chicken, reserving marinade. Add chicken to wok and stir-fry for 2 minutes or until cooked through. Transfer to a bowl.

3 Heat remaining oil in wok over a medium-high heat. Add the veg and stir-fry for 1 minute. Add water, and cook, covered for 1 minute.

4 Add noodles, chicken and marinade to wok. Toss for 1-2 minutes or until noodles are heated through. Divide between bowls and serve. ■



LUNCH *envy*

Have the ***healthiest and most delicious*** lunch box in the office
– and save money by making your own sandwiches or wraps



Egg and cress sandwich

PREPARATION TIME: 10 MINS

COOKING TIME: 10 MINS

SERVES 1 (AS A LIGHT MEAL)

2 x 60g eggs

3 spears asparagus, woody ends trimmed

Pinch curry powder or gluten-free
curry powder

1 Tbsp 97% fat-free mayonnaise or
gluten-free mayonnaise

1 tsp freshly squeezed lemon juice

Freshly ground black pepper

1 cup picked watercress leaves

2 slices Helga's Wholemeal & Seed Lower
Carb Bread or gluten-free bread

1 Put eggs in a saucepan, cover with cold water and bring to the boil. Simmer for 5 minutes, adding asparagus for the last 30 seconds. Drain. Rinse in cold water.

2 Peel eggs and put in a small bowl.

Diagonally slice asparagus. Combine egg and asparagus with a fork. Add curry powder, mayonnaise, lemon juice and pepper. Stir well.

3 Place 1 slice of bread on a plate. Spoon watercress and egg mixture onto bread. Top with second slice of bread.

COOK'S TIP

The egg mixture can be made the night before and kept, covered, in the fridge. ➤



How
our food
works
for you
see page 74

nutrition info

PER SERVE 1547kJ, protein 26g, total fat 15.9g (sat. fat 3.2g),
carbs 26g, fibre 8g, sodium 590mg • Carb exchanges 1½
• GI estimate low • Lower-carb option • Gluten-free option

Salmon and pickled vegetable sandwich

PREPARATION TIME: 10 MINS

(+ 30 MINS STANDING TIME)

SERVES 1 (AS A LIGHT MEAL)

- ½ carrot, peeled into ribbons
- ½ Lebanese cucumber, peeled into ribbons
- 1 Tbsp white vinegar
- 2 tsp caster sugar
- 2 tsp extra light sour cream
- ½ tsp freshly squeezed lemon juice
- Freshly ground black pepper
- 2 slices Tip Top 9 Grain Wholemeal or gluten-free bread
- ½ cup rocket leaves
- ¼ small avocado, thinly sliced
- 30g salt-reduced smoked salmon

1 Put carrot, cucumber, vinegar and sugar in a medium bowl and stir to combine. Cover in plastic wrap and set aside for 30 minutes. Drain well and pat dry with paper towel.

2 Whisk sour cream, lemon juice and pepper together in a small bowl.

3 Spread 1 slice of bread with the sour cream mixture, then top with rocket leaves, pickled vegetables, avocado and smoked salmon. Sprinkle with pepper and top with a bread slice.

COOK'S TIP

You can pickle the vegies the night before, draining them after 30 minutes, then covering and keeping in the fridge. Short on time? Throw the carrot, cucumber, vinegar and sugar in a small container in the morning. Just drain the marinade before adding to the sandwich.

nutrition info

PER SERVE 1599kJ,
protein 19g, total fat 15.4g
(sat. fat 3.4g), carbs 34g,
fibre 12g, sodium 448mg
• Carb exchanges 2½
• GI estimate low
• Gluten-free option



In a pickle? **THIS** heavenly sandwich
will satisfy your midday munchies

nutrition info

PER SERVE 1143kJ, protein 23g, total fat 5.4g (sat. fat 1.9g), carbs 30g, fibre 6g, sodium 687mg • Carb exchange 2 • GI estimate medium • Gluten-free option



Tuna and sweet chilli wrap

PREPARATION TIME: 10 MINS
SERVES 1 (AS A LIGHT MEAL)

- 1 x 95g can tuna in springwater, drained
- 3 tsp 97% fat-free mayonnaise or gluten-free mayonnaise
- 1 tsp sweet chilli sauce or gluten-free sauce
- 1 tsp freshly squeezed lemon juice
- 1 x Wattle Valley Wholegrain Soft Wrap or gluten-free wrap
- ¼ cup shredded iceberg lettuce
- ¼ cup bean sprouts
- ½ small grated carrot
- ¼ cup coriander leaves

- 1 Combine tuna**, mayonnaise, sweet chilli sauce and lemon juice in a small bowl.
- 2 Place wrap** on a clean surface. Spread lettuce, bean sprouts, carrot and coriander over one-third to a half of the wrap. Top with tuna mixture.
- 3 Roll wrap** firmly to enclose the filling. Cut in half to serve.

COOK'S TIP

You can swap tuna, lemon and lettuce for canned salmon in springwater, lime and baby spinach.



nutrition info

PER SERVE 1572kJ, protein 29g, total fat 13.9g (sat. fat 3.7g), carbs 30g, fibre 8g, sodium 369mg • Carb exchanges 2 • GI estimate low • Gluten-free option

Tandoori chicken wrap

PREPARATION TIME: 10 MINS
COOKING TIME: 10 MINS
SERVES 1 (AS A LIGHT MEAL)

Pinch each of ground turmeric, coriander and cumin
80g skinless chicken breast fillet, trimmed of fat
Cooking spray

- 1 x Helga's Wholemeal Lower Carb Wrap or gluten-free wrap
- ½ cup baby spinach leaves
- 2 Tbsp coriander leaves
- ½ small carrot, coarsely grated
- ½ mango cheek, thinly sliced
- 1 tsp slivered almonds, toasted
- 1 Tbsp low-fat Greek-style natural yoghurt
- 1 tsp basil pesto or gluten-free pesto

- 1 Preheat a chargrill** pan on medium-high. Sprinkle a little turmeric, coriander and cumin over both sides of the chicken and rub in.
- 2 Spray chicken** with cooking spray, chargrill for 2 minutes each side or until cooked through. Set aside to cool for 10 minutes. Shred the meat.
- 3 Top wrap** with spinach, coriander and carrot. Arrange shredded chicken, mango slices and almonds over the top. Whisk yoghurt and pesto and drizzle over the filling. Roll up, halve and serve.

Note: Helga's Wholemeal Lower Carb Wrap gets the dietitian's tick with less than 300mg sodium per serve. ➤



nutrition info

PER SERVE 1317kJ, protein 14g, total fat 15g (sat. fat 2g), carbs 24g, fibre 13g, sodium 467mg
 • Carb exchanges 1½
 • GI estimate low • Lower carb option • Gluten-free option

Chargrilled vegetable sandwich

PREPARATION TIME: 5 MINS
 SERVES 1 (AS A LIGHT MEAL)

2 Tbsp low-fat fresh ricotta
 2 slices Bûrgen Soy-Lin Bread or gluten-free bread
 ½ cup basil leaves
 40g (½ cup) bought drained chargrilled vegetables, patted dry with paper towel
 1 Tbsp walnuts, broken into pieces
 Freshly ground black pepper

1 Spread ricotta over both slices of bread. Top 1 slice of the bread with basil leaves, chargrilled vegetables and walnuts. Sprinkle with pepper.

2 Place second piece of bread on top of the nuts. Press down. Serve.

COOK'S TIP

Make this one even tastier by popping it under the grill or in a sandwich press to add a nice toasty crunch. (Pictured)



nutrition info

PER SERVE 1292kJ, protein 18g, total fat 12.4g (sat. fat 4.9g), carbs 28g, fibre 5g, sodium 750mg • Carb exchanges 2
 • GI estimate: low • Gluten-free option

BLT wrap

PREPARATION TIME: 5 MINS
 COOKING TIME: 5 MINS
 SERVES 1 (AS A LIGHT MEAL)

¼ tsp olive oil
 30g Weight Watchers Bacon, cut into strips
 2 Tbsp mashed avocado
 2 pieces Barley Mountain Bread or 1 gluten-free wrap
 ½ cup shredded iceberg lettuce
 1 small tomato, sliced
 1 slice reduced-fat cheese, cut into strips

1 Heat oil in a small non-stick frying pan over medium-high heat. Add bacon and cook for 2-3 minutes, turning occasionally, or until slightly crisp. Drain on a plate lined with paper towel.

2 Spread 1 tablespoon avocado over the wrap. Top about one-third with lettuce, tomato, cheese and bacon. Roll it up to enclose filling. Serve.

nutrition info

PER SERVE 1512kJ,
protein 25g, total fat
8.4g (sat. fat 1.5g),
carbs 39g, fibre 11.4g,
sodium 561mg
• Carb exchanges 2½
• GI estimate medium
• Gluten-free option

**Lemongrass chicken
and salad roll**

PREPARATION TIME: 10 MINS

(+ 30 MINS MARINATING)

COOKING TIME: 10 MINS

SERVES 1 (AS A LIGHT MEAL)

70g skinless chicken breast fillet, trimmed of fat

¼ stalk lemongrass, finely chopped

1 small garlic clove, finely grated

2cm-piece fresh ginger, finely chopped

1 tsp extra virgin olive oil

Juice of ½ lime

½ tsp salt-reduced soy sauce or
gluten-free soy sauce

¼ cup coriander leaves

¼ cup mint leaves

½ carrot, peeled into shreds or ribbons (see Cook's tip)

½ Lebanese cucumber, peeled into shreds or ribbons

70g long wholemeal roll or gluten-free roll

Few slices long red chilli (optional)

1 Put chicken, lemongrass, garlic, ginger, oil and lime in a small dish. Cover and set aside for 30 minutes to marinate.

2 Drain marinade and reserve it. Heat a small non-stick frying pan over medium heat. Add chicken and cook for 4-5 minutes, turning occasionally, until chicken is cooked. Transfer to a plate. Add marinade and soy sauce to pan and cook, stirring, until simmering. Shred chicken and add to the pan. Toss to combine. Transfer to a bowl and set aside to cool for 5 minutes.

3 Cut bread roll lengthways about three-quarters of the way through. Add coriander, mint, carrot and cucumber. Top with chicken and chilli, if using. Serve.

COOK'S TIP

A spiraliser will cut veg into long strips or ribbons. ■

A rustic kitchen scene featuring a wooden cutting board, a metal colander with green vegetables, a red cloth, lemons, a red plate with cheese and broccoli, a bunch of dill, cucumbers, tomatoes, and a red pepper mill. The background is a warm, textured surface.

7 days, 7 dinners

We've taken the stress out of your weekly planning. Just follow these healthy recipes and shop with our grocery list. *Too easy!*

nutrition info

PER SERVE 1790kJ,
protein 30g, total fat
9.7g (sat. fat 4.8g),
carbs 49g, fibre 9g,
sodium 615mg
Carb exchanges 3½
• GI estimate low
• Gluten-free option

Monday

Prawn curry and rice
Start your week with this
spice-is-right dinner.
see recipe, page 54 >>



Tuesday

Salmon, broccoli and ricotta filo pies
Crisp on the top, tender and creamy in the middle. The perfect midweek pie.
see recipe, page 54 >>

Leftovers

GROCERY

Doongara rice Cook the rice and use to make pilafs or add to salads.

Chicken stock Use in soups, sauces and casseroles. Any leftover stock can be frozen in a small airtight container and used when required.

Coconut milk Use this versatile milk in curries, desserts or drinks.

Pine nuts Great for salads, pasta dishes and pizzas, or throw in a few with the remaining coriander, some lemon juice, olive oil and grated parmesan for a quick pesto.

Breadcrumbs Use to crumb fish or chicken, or add to meatloaf.

Cranberry sauce Serve with turkey, roast potatoes, steamed broccoli and carrots. Also great added to sauces.

Capers Add to pizzas and pasta, or finely chop and mix with fresh herbs, olive oil, lemon juice and pepper, then sprinkle over grilled meats.

How
our food
works
for you

see page 74

nutrition info

Left: PER SERVE 1862kJ,
protein 42g, total fat
17.7g (sat. fat 4g),
carbs 26g, fibre 4g,
sodium 791mg
• Carb exchanges 1½
• GI estimate low
• Lower-carb option

Below: PER SERVE 1860kJ,
protein 37g, total fat 9g
(sat. fat 1.6g), carbs 48g,
fibre 10g, sodium 491mg
• Carb exchanges 3¼
• GI estimate low
• Gluten-free option

Wednesday

Chicken and
tomato rice

An easy-to-make weekday
favourite – ready in 30 mins!
see recipe, page 54 >>



Thursday

Creamy roasted
cauliflower pasta
Comforting deliciousness
that's healthy to boot!
see recipe, page 55 >>

nutrition info

PER SERVE 1657kJ,
protein 17g, total fat
10g (sat. fat 3g),
carbs 52g, fibre 12g,
sodium 779mg
• Carb exchanges 3½
• GI estimate low
• Gluten-free option

Friday

Veal schnitzel with herbed potatoes
End the week with a delightful bite. Crumbed and tasty, this ticks all the boxes.

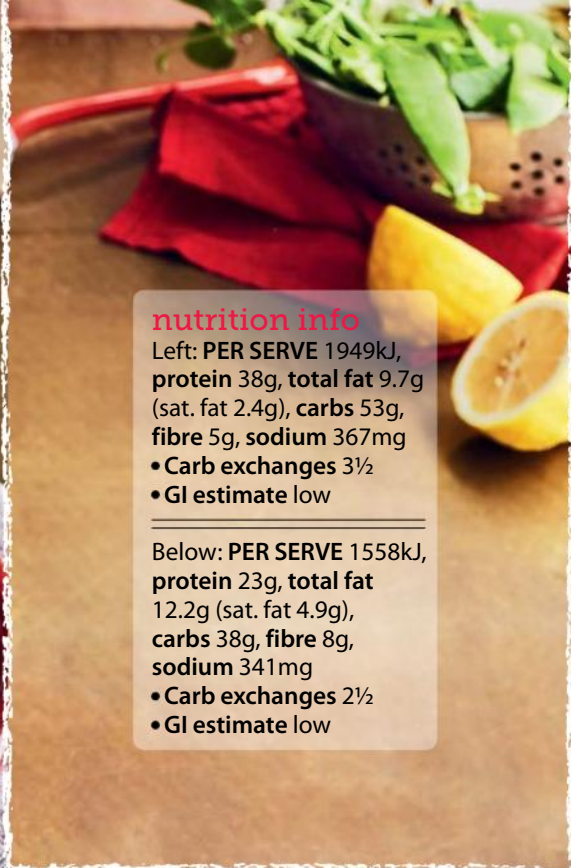
see recipe, page 55 >>



nutrition info

Left: PER SERVE 1949kJ,
protein 38g, total fat 9.7g
(sat. fat 2.4g), carbs 53g,
fibre 5g, sodium 367mg
• Carb exchanges 3½
• GI estimate low

Below: PER SERVE 1558kJ,
protein 23g, total fat
12.2g (sat. fat 4.9g),
carbs 38g, fibre 8g,
sodium 341mg
• Carb exchanges 2½
• GI estimate low



Leftovers

FRUIT AND VEGETABLES

Dill Pairs beautifully with fish and lemon. Finely chop some dill with lemon zest, crushed garlic, pepper and a little light margarine. Spread over small slices of sourdough and cook under the grill. Serve with grilled steak and salad.

Coriander Use to make a pesto (see pine nuts idea on page 48), throw some coriander leaves on top of your favourite healthy pizza, or add to a salad sandwich for an extra flavour boost.

Cherry tomatoes Throw the remaining tomatoes into a salad, or cut up some Lebanese cucumber and carrot and pack as a snack to take to school or work.

FROZEN

Peas Use in casseroles, pies or soups.



Saturday

Crêpes with onions, ham and cheese

A restaurant-quality meal you can whip up at home. Impressive!

see recipe, page 56 >>

nutrition info

PER SERVE 1636kJ,
protein 36g, total fat 12.2g
(sat. fat 5.6g), carbs 30g,
fibre 8g, sodium 300mg
• Carb exchanges 2
• GI estimate low
• Gluten-free option

Sunday

Sweet potato gratin
with chargrilled beef
Magnificently modern meat and four veg.
see recipe, page 56 >>

Salty overload

It's used as a preservative and to make food tasty, but cutting back on this widely used seasoning will bring health benefits

Sodium is found in almost all foods as table salt (sodium chloride), bicarb soda (sodium bicarbonate) or MSG (monosodium glutamate). It is a super-important mineral for fluid balance and keeps our body's cells functioning well.

Unfortunately, our 'Western' diet includes processed and packaged foods and these often have a huge proportion of added salt.

Salt has many roles in food production including as a preservative, spice, colour enhancer and to regulate texture and fermentation.

Two thirds of Australians consume more than the daily recommendation of 2300mg sodium/day (1 tsp salt). Excess consumption can

have adverse effects, including high blood pressure, which can lead to heart and kidney disease. Lowering your intake is easy. Here's how.

- Do most of your shopping from the perimeter of the supermarket, where the fresh fruit and vegetables, fresh lean meats, eggs and unprocessed dairy products are. Milk and yoghurt

have very low sodium but be cautious when buying cheese. Next, stock up on unprocessed grains such as rice and pasta, as these are low in salt, too.

- When buying canned food, choose no-added-salt or reduced-salt options where possible. Check the product has fewer than 150mg sodium per 100g.

- Be wary of sauces, mayonnaise, pickles, olives and savoury spreads, as they can be particularly high in salt. Consider reducing your serves of these.

- Adding salt in cooking or at the table can also increase your total intake. Aim to reduce this gradually and use other ingredients to pack flavour into your cooking – spices, herbs and vinegar are

Reduce your salt intake and improve your health

a great place to start.

We've adapted to a saltier way of life, and unsalted food can often taste plain and boring at first. It takes around two weeks for your tastebuds to adapt to a reduced-salt routine, so persist, be patient and reduce your intake gradually, and before long you won't notice the difference!

Your shopping list

GROCERIES

- ☐ 750g pkt Doongara rice
- ☐ 283g jar Patak's Tikka Masala Curry Paste
- ☐ 375ml carton salt-reduced chicken stock
- ☐ 400ml can light coconut milk
- ☐ 400g can no-added-salt chopped tomatoes
- ☐ 110g jar baby capers
- ☐ 375g pkt fresh linguine
- ☐ 250g pkt multigrain breadcrumbs
- ☐ 275g jar Ocean Spray Jellied Cranberry Sauce
- ☐ 210g can red salmon
- ☐ 100g pine nuts

FRUIT AND VEGETABLES

- ☐ 4 brown onions
- ☐ 200g sweet potato
- ☐ 350g Carisma potatoes
- ☐ 1 cauliflower
- ☐ 100g broccoli
- ☐ 3 zucchini
- ☐ 120g snow peas
- ☐ 1 leek
- ☐ 200g punnet cherry tomatoes

- ☐ 2 Lebanese cucumbers
- ☐ 1 lemon
- ☐ 60g rocket leaves
- ☐ 75g baby spinach leaves
- ☐ 1 bunch coriander
- ☐ 1 bunch rosemary
- ☐ 1 bunch dill

MEAT AND POULTRY

- ☐ 2 x 100g beef fillet steaks
- ☐ 250g skinless chicken breast fillet
- ☐ 200g veal schnitzel

DELI

- ☐ Small tub Kalamata olives

SEAFOOD

- ☐ 400g green prawns

CHILLED

- ☐ 250g tub Philadelphia Light Cream For Cooking
- ☐ Small piece parmesan
- ☐ 60g salt-reduced ham
- ☐ 100g low-fat fresh ricotta
- ☐ 375g pkt Antonio Filo Pastry

FREEZER

- ☐ 500g pkt frozen peas

PANTRY

- ☐ Olive oil
- ☐ Olive oil cooking spray
- ☐ Extra virgin olive oil
- ☐ White vinegar
- ☐ Caster sugar
- ☐ Brown sugar
- ☐ Freshly ground black pepper
- ☐ Wholemeal plain flour
- ☐ Balsamic glaze
- ☐ Balsamic vinegar
- ☐ Cornflour
- ☐ Skim milk
- ☐ Ground nutmeg
- ☐ 5 x 60g eggs
- ☐ Reduced-fat grated cheese
- ☐ Massel Salt-Reduced Chicken-Style and Vegetable Stock Cubes
- ☐ 2 garlic cloves ➤



Prawn curry and rice

PREPARATION TIME: 10 MINS

COOKING TIME: 20 MINS

SERVES 2 (AS A MAIN)

85g (⅓ cup) Doongara rice
¼ tsp olive oil
400g green prawns, peeled and deveined, tails left intact
1 brown onion, cut into thin wedges
½ Tbsp Patak's Tikka Masala Curry Paste or gluten-free curry paste
185ml (¾ cup) boiling water
125ml (½ cup) light coconut milk
200g cauliflower, cut into small florets
1 zucchini, halved lengthways, sliced
80g snow peas, topped and tailed
¼ cup coriander leaves

Pickled cucumber

1 Lebanese cucumber, peeled into ribbons
1 Tbsp white vinegar
2 tsp caster sugar

1 To make pickled cucumber, combine cucumber, vinegar and sugar in a small bowl. Cover and set aside.

2 Cook rice in a small saucepan of boiling water for 10-12 minutes or until tender. Drain.

3 Meanwhile, heat oil in a non-stick wok over medium-high heat. Add prawns. Cook for 1-2 minutes or until prawns are just browned. Transfer to a plate. Add onion and reduce heat to medium. Cook, stirring occasionally, for 4-5 minutes or until onion starts to soften. Add curry paste and cook, stirring, for 1 minute. Add water,

coconut milk and cauliflower. Cover and simmer for 10 minutes.

4 Add zucchini to wok. Simmer, covered, for 2 minutes or until zucchini is almost cooked. Add snow peas and prawns. Cook, partially covered, for 2 minutes or until vegetables are tender.

5 Divide rice between shallow serving bowls. Spoon over the prawn curry and sauce. Top with coriander. Drain liquid from the cucumber and serve with curry.



Salmon, broccoli and ricotta filo pies

PREPARATION TIME: 10 MINS

COOKING TIME: 30 MINS

SERVES 2 (AS A MAIN)

Olive oil cooking spray
100g broccoli, cut into small florets
5 sheets Antonio filo pastry
210g can red salmon, drained, flaked
1 zucchini, grated, excess moisture squeezed out
100g low-fat fresh ricotta
2 tsp pine nuts
3 x 60g eggs
125ml (½ cup) skim milk
Freshly ground black pepper
20g (1 cup) rocket leaves

1 Preheat oven to 200°C (fan-forced). Line a baking tray with baking paper. Spray 2 x 250ml (1-cup) pie dishes with cooking spray.

2 Put broccoli in a small microwave-safe dish. Add 60ml water. Cover and cook on high/100% for 1½-2 minutes or until almost tender. Drain and cool.

3 Meanwhile, place 1 sheet of pastry on a clean surface. Spray lightly with cooking spray. Top with another sheet of pastry. Repeat spraying and layering the remaining sheets. Cut pastry in half and use to line the pie dishes, allowing pastry to overhang sides.

4 Divide salmon between pie dishes. Top with broccoli, zucchini, ricotta and pine nuts. Whisk eggs, milk and pepper in a small bowl. Pour evenly between pie dishes. Fold pastry over to completely cover filling. Spray with cooking spray. Bake for 25 minutes or until pastry is golden brown and filling is set. Serve pies with rocket.



Chicken and tomato rice

PREPARATION TIME: 10 MINS

COOKING TIME: 25 MINS

SERVES 2 (AS A MAIN)

1 tsp extra virgin olive oil
1 brown onion, finely chopped
85g (⅓ cup) Doongara rice
400g no-added-salt chopped tomatoes
185ml (¾ cup) salt-reduced chicken stock or gluten-free stock
250g skinless chicken breast fillet, trimmed of fat, cut in half lengthways through middle
Olive oil cooking spray
Freshly ground black pepper
1 zucchini, coarsely grated
75g (½ cup) frozen peas
6 kalamata olives, pitted, cut into thin wedges
50g (2 cups) baby spinach leaves
Lemon wedges, to serve (optional)

1 Heat olive oil in a medium saucepan over medium heat. Add onion and cook, stirring occasionally, for 5 minutes or until onion starts to soften. Increase heat to high and add rice. Cook, stirring, for 1 minute. Add tomatoes and stock. Cover and bring to a simmer over medium heat. Reduce heat to medium-low and cook, covered, for 10 minutes.

2 Meanwhile, heat a chargrill pan on medium-high. Spray chicken on both sides with cooking spray and sprinkle with pepper. Add chicken and cook for 2 minutes each side, or until cooked through. Set aside.

3 Add zucchini and peas to the rice mixture and stir to combine. Cover and cook for a further 3 minutes or until rice is almost absorbed. Stir in olives and spinach. Toss until warmed through and spinach just wilts. Shred chicken and combine with rice mixture. Serve with lemon wedges, if using.



Creamy roasted cauliflower pasta

PREPARATION TIME: 10 MINS

COOKING TIME: 45 MINS

SERVES 2 (AS A MAIN)

½ Massel Salt-Reduced Vegetable Stock Cube
250ml (1 cup) boiling water
500g cauliflower, cut into large florets
½ leek, thickly sliced
1 garlic clove, crushed
1 tsp extra virgin olive oil
2 Tbsp rosemary leaves

1 Tbsp drained baby capers
Cooking spray
150g fresh linguine or gluten-free pasta
1 tsp cornflour or gluten-free cornflour
80g (⅓ cup) Philadelphia Light Cream For Cooking
5g finely grated parmesan
Freshly ground black pepper

1 Preheat oven to 200°C (fan-forced). Line a medium roasting pan with baking paper. Combine stock cube and boiling water in a jug. Put cauliflower, leek, garlic, oil and rosemary leaves in the roasting pan. Pour 125ml (½ cup) of the stock over cauliflower. Cover with foil and roast for 30 minutes. Uncover cooked cauliflower and sprinkle with capers. Spray with cooking spray and roast for a further 10 minutes.

2 Meanwhile, bring a medium saucepan of water to the boil. Add linguine and cook for 3-4 minutes or until pasta is just tender. Drain and return to pan.

3 Combine cornflour, cream and remaining stock in a small bowl. Add cream sauce to the pasta. Cook, tossing, for 2 minutes or until heated through and sauce thickens slightly. Spoon in roasted cauliflower mixture and toss to combine.

4 Divide pasta between two shallow serving bowls. Top with parmesan and pepper. Serve.



Veal schnitzel with herbed potatoes

PREPARATION TIME: 15 MINS

COOKING TIME: 20 MINS

SERVES 2 (AS A MAIN)

3 Tbsp wholemeal plain flour
60g egg, lightly whisked
60ml (¼ cup) skim milk
90g (1 cup) multigrain breadcrumbs
200g veal schnitzel, cut into 4 pieces, flattened out
Olive oil cooking spray
1 Tbsp Ocean Spray Jellied Cranberry Sauce
1 Tbsp Philadelphia Light Cream For Cooking
Dill sprigs, to serve (optional)
20g (1 cup) rocket leaves, to serve
2 lemon cheeks, to serve

Herbed potatoes

250g Carisma potatoes, chopped
1 Tbsp chopped dill
Finely grated zest of ½ lemon
1 tsp extra virgin olive oil
Freshly ground black pepper

1 To make herbed potatoes, put potatoes in a small microwave-safe dish. Add 60ml (¼ cup) water. Cover and cook on high/100% for 5-6 minutes or until potatoes are tender. Drain well and transfer to a bowl. Set aside.

2 Meanwhile, put flour on a plate. Whisk egg and milk together in a shallow bowl. Place breadcrumbs on a plate. Dip each piece of veal in flour, then coat in egg and breadcrumbs. Transfer to a large plate and refrigerate until required.

3 Preheat oven to 200°C (fan-forced). Line a large baking tray ➤



FOOD mains

with baking paper. Place veal on tray and spray top with cooking spray. Bake for 10-12 minutes or until the crumb is lightly golden.

4 Add dill, lemon zest, oil and pepper to potatoes. Toss to combine. Combine cranberry sauce and light cream in a small dish. Serve schnitzel with the herbed potatoes, creamy sauce, rocket leaves and lemon cheeks.



Crêpes with onions, ham and cheese

PREPARATION TIME: 15 MINS

COOKING TIME: 30 MINS

SERVES 2 (AS A MAIN)

1 tsp olive oil
2 brown onions, thinly sliced
1 garlic clove, crushed
1 Tbsp brown sugar
2 tsp balsamic vinegar
1 Tbsp wholemeal plain flour
160ml (⅔ cup) skim milk
10g finely grated parmesan
30g (¼ cup) reduced-fat grated cheese
60g salt-reduced ham, shredded
25g (1 cup) baby spinach leaves
8 cherry tomatoes, quartered

Crêpes

40g (¼ cup) wholemeal plain flour
Egg yolk (from 60g egg)
125ml (½ cup) skim milk
Cooking spray

1 Heat oil in a medium non-stick frying pan over medium heat. Add the onion and garlic. Stir well. Reduce heat to low and cook, uncovered, stirring occasionally, for 20 minutes or

until the onion is very tender.

2 Meanwhile, to make crêpes, put flour, egg yolk and milk in a bowl. Whisk until well combined. Spray a small non-stick frying pan with cooking spray. Heat the pan over medium heat. Pour in enough batter to swirl and coat the base of the pan. Cook for 1 minute or until lightly golden underneath. Turn and cook for a further 15 seconds. Transfer crêpe to a plate and cover with foil to keep warm. Repeat to make 4 crêpes in total.

3 Add sugar and vinegar to the onion mixture and increase heat. Cook, stirring, for 2 minutes.

4 Whisk flour and milk in a small saucepan. Cook, stirring, over medium heat for 3-4 minutes or until sauce thickens. Simmer for 1 minute. Stir in cheeses and ham.

5 Lay out crêpes on a clean surface. Divide ham and cheese sauce between each crêpe. Top with onions and half the spinach. Fold crêpes and place 2 on each plate. Serve with tomatoes and remaining spinach leaves.



Sweet potato gratin with chargrilled beef

PREPARATION TIME: 15 MINS

COOKING TIME: 40 MINS

SERVES 2 (AS A MAIN)

2 x 100g beef fillet steaks, trimmed of fat
Freshly ground black pepper
80g (⅓ cup) frozen peas
20g (1 cup) rocket leaves
1 Lebanese cucumber, peeled into ribbons
40g snow peas, shredded

Balsamic glaze, to serve

Sweet potato gratin

Olive oil cooking spray
200g sweet potato, peeled, thinly sliced
½ leek, thinly sliced into rounds
1 tsp cornflour or gluten-free cornflour
60g (¼ cup) Philadelphia Light Cream for Cooking
80ml (⅓ cup) skim milk
Pinch ground nutmeg
30g (¼ cup) reduced-fat grated cheese

1 To make sweet potato gratin, preheat oven to 180°C (fan-forced). Spray 2 x 250ml (1-cup) ovenproof dishes with cooking spray. Bring a large saucepan of water with a steamer basket placed inside, to a simmer. Place potato and leek in the basket. Cover and steam for 10 minutes or until just tender.

2 Layer potatoes and leek between the prepared dishes. Whisk cornflour, cream, milk and nutmeg in a small bowl. Pour evenly over vegetables. Place the dishes on a baking tray lined with baking paper. Sprinkle with cheese. Bake for 20-25 minutes or until lightly golden on top.

3 Meanwhile, preheat a chargrill pan over medium-high heat. Spray beef with cooking spray and season with pepper. Cook 2 minutes each side, for medium or until cooked to your liking. Transfer to a plate, cover loosely with foil and set aside.

4 Cook peas in a small microwave dish on high/100% for 2 minutes. Combine peas, rocket, cucumber and snow peas in a bowl.

5 Divide chargrilled beef and salad between serving plates and drizzle with balsamic glaze. Serve with sweet potato gratin. ■

Something sweet?

Looking for an after-dinner treat? While most *chilled desserts* in the supermarket are high in fat and sugar, here's our pick of the waist-friendly options



Pauls Zymil Vanilla Custard

Lactose and gluten free, this low-fat custard is suitable for everyone, even those with lactose intolerance or coeliac disease.

Contains 434kJ and 16.8g of carbs per 100g serve.



Nestlé Milo Energy Dairy Snack

A kid-friendly snack with about one carb serve per tub. It's also a good source of calcium, with 204mg per serve.

Contains 539kJ and 17.1g of carbs per 100g tub.



Pauls Low Fat Vanilla Custard

This low-fat custard has reduced sugar for a lower-energy, blood glucose level (BGL)-friendly dessert, teamed with fresh fruit.

Contains 324kJ and 12.2g of carbs per 100g serve.



Nestlé Soleil Low Fat Crème Caramel

Has almost half the energy and carbs and less than a quarter of the fat of regular crème caramel.

Contains 323kJ and 12.9g of carbs per 125g tub.



Kingland Dairy Free Yogurt Variety Selection

For those who can't have dairy, this reduced-sugar, organic soy yoghurt contains good bacteria.

Contains 475kJ and 6.2g of carbs per 125g tub.



Nestlé Soleil Low Fat Chocolate Mousse

Has almost half the energy of Soleil's regular mousse, 20 per cent less carbs and 80 per cent less fat.

Contains 288kJ and 9.8g of carbs per 62g tub.

FOUND IN THE AISLE



Aeroplane Jelly Lite

A low-energy, low-carb sweet snack that comes in four flavours, including raspberry, mixed berry, mango passionfruit and lemon lime.

Contains 81kJ and 4.3g of carbs per 115g tub.

BE SNACK SAVVY

Some chilled desserts are particularly high in fat and added sugar, so choose lower-fat varieties and those with less added sugar (although most will still be relatively high in sugar due to the natural milk sugars). For a waistline- and BGL-friendly snack or dessert, look for products with less than 600kJ and less than 20g carbs per serve. ■

Chocolate hazelnut
meringue mousse
biscuits

Who needs an Easter egg when you
can enjoy these decadent delights!

see recipe, page 62 >>



gluten free

nutrition info

PER SERVE 577kJ,
protein 3g, total fat
4g (sat. fat 0.8g),
carbs 22g, fibre
1g, sodium 35mg
• Carb exchanges 1½
• GI estimate medium
• Gluten free

HOP to it

Fill your home
with the aroma of
Easter baking...

Spicy, sweet and
oh-so scrumptious,
your family will love
these tempting treats

Simnel cake
This light fruit cake topped
with marzipan is a popular
European Easter treat.
see recipe, page 62 >>



How
our food
works
for you
see page 74

**nutrition
info**

PER SERVE 283kJ,
protein 1g, total fat
2.2g (sat. fat 0.4g),
carbs 9g, fibre 1g,
sodium 25mg
• Carb exchanges $\frac{2}{3}$
• GI estimate medium

nutrition info

PER SERVE 432kJ,
protein 3g, total fat
2.6g (sat. fat 0.8g),
carbs 16g, fibre 2g,
sodium 97mg
• Carb exchanges 1
• GI estimate medium

Chocolate, ricotta and apricot slice

It's moist. It melts in the mouth.
It's a slice of chocolate heaven!

see recipe, page 64 >>



Bunnies galore!

Hare today,
gone tomorrow.
CRISPY TREATS
for all to enjoy

Cinnamon spiced
bunny biscuits
Cute as can be! Both adults
and kids will jump at these.
see recipe, page 65 >>



nutrition info

PER BISCUIT: 243kJ,
protein 1g, total fat
1.8g (sat. fat 0.5g),
carbs 9g, fibre 1g,
sodium 23mg
• Carb exchanges $\frac{2}{3}$
• GI estimate medium

FOOD *easter baking*



Chocolate hazelnut meringue mousse biscuits

PREPARATION TIME: 15 MINS
(+ 1 HOUR COOLING TIME)
COOKING TIME: 1 HOUR
MAKES 18 (2 PER SERVE
AS A DESSERT)

3 eggwhites (from 60g eggs)
160g ($\frac{2}{3}$ cup) caster sugar
1 tsp vanilla extract
3 Tbsp hazelnut meal
2 Tbsp cocoa powder, sifted
3 x 62g tubs Nestlé Diet Soleil
Chocolate Mousse
15g unsalted shelled pistachio
nuts, very thinly sliced

1 Preheat oven to 100°C (fan-forced). Line 2 trays with baking paper. Use an 8cm round cutter to trace 9 circles on each piece of paper with a thick black marker. Place the paper, marker side down on the baking trays.

2 Using an electric mixer with a whisk attachment, whisk eggwhites until soft peaks form. Add sugar, 1 tablespoon at a time, whisking well between each addition, until sugar dissolves. Whisk in vanilla extract. Add hazelnut meal and cocoa powder and use a large metal spoon to fold in until combined.

3 Evenly divide meringue within paper circles. Use a small spoon to spread out evenly over circles. Bake in preheated oven for 1 hour. Turn off oven and keep the door slightly ajar with a wooden spoon. Leave meringues in the oven for 1 hour to cool slowly, then transfer to an airtight container.

4 Just before serving, spoon mousse into a bowl and whisk gently until smooth. Spread some mousse (about 1 tablespoon) over each biscuit. Sprinkle with a few pistachio slices and serve.

COOK'S TIP

Keep the meringue biscuits in an airtight container for up to 2 weeks. Assemble just before serving as the meringues will start to soften if left too long with the mousse on top.



Simnel cake

PREPARATION TIME: 15 MINS
(+ COOLING TIME)
COOKING TIME: 40 MINS
SERVES 40 (1 PIECE AS A SNACK)

Cooking spray
200g Sunbeam Gourmet Selection
Mixed Dried Fruit, chopped
1 Granny Smith apple,
finely chopped

140g unsweetened apple puree
80g light margarine, melted
3 Tbsp brandy, warmed
3 x 60g eggs
80g ($\frac{1}{2}$ cup) wholemeal plain flour
40g ($\frac{1}{4}$ cup) wholemeal
self-raising flour
1 tsp mixed spice
200g ready rolled marzipan
1 Tbsp icing sugar, sifted, for rolling
2 tsp brandy, extra

1 Preheat oven to 140°C (fan-forced). Spray a 4cm-deep, 18cm (base measurement) round cake pan with cooking spray. Line the base and side with baking paper.

2 Put dried fruit, chopped apple, apple puree, margarine, brandy, eggs, flours and mixed spice in a large bowl. Mix until well combined. Chop 60g of the marzipan and mix into batter. Spoon into the prepared pan and smooth the surface.

3 Bake cake in preheated oven for 40 minutes, or until a skewer inserted into the centre comes out clean. Set aside in the pan to cool slightly, then transfer cake to a wire rack to cool completely.

4 On a clean surface dusted with icing sugar, roll remaining marzipan out until large enough to line the top of the cake. Brush marzipan with extra brandy and roll it onto the top of the cake, trimming to fit. Decorate as desired.

COOK'S TIP

You can store the cake in an airtight container in the fridge for up to 2 months.

Hot-crossed scones

Warm, fruity and totally satisfying. Home-baked and delicious – yes, please!

see recipe, page 65 >>



nutrition info

PER SERVE (no marg): 589kJ,
protein 4g, total fat 2.5g
(sat. fat 0.5g), carbs 24g,
fibre 2g, sodium 233mg
• Carb exchanges 1½
• GI estimate medium

PER SERVE (with marg):
631kJ, protein 4g, total fat
3.6g (sat. fat 0.8g), carbs 24g,
fibre 2g, sodium 242mg
• Carb exchanges 1½
• GI estimate medium

*Great with
a cuppa.*

**Just one bite
will hit the
sweet spot**



**Chocolate, ricotta
and apricot slice**

PREPARATION TIME: 10 MINS
(+ COOLING TIME)

COOKING TIME: 20 MINS
SERVES: 18 (AS A SNACK)

Cooking spray
160g (1 cup) wholemeal
self-raising flour
50g (⅓ cup) plain flour
30g (¼ cup) cocoa powder, sifted
80g (½ cup) brown sugar
130g (½ cup) low-fat Greek-style
natural yoghurt
60g egg, lightly whisked
50g light margarine, melted
125ml (½ cup) low-fat milk
125g Pantalica Smooth Light
Ricotta Cheese
1½ Tbsp icing sugar, sifted
50g dried apricots, sliced

1 Preheat oven to 160°C (fan-forced). Spray a 16 x 26cm (base measurement) lamington pan with cooking spray. Line with baking paper, allowing the paper to overhang the sides.

2 Combine flours, cocoa powder and brown sugar in a large bowl. Whisk yoghurt, egg, margarine and milk in a small bowl. Add to flour mixture and stir until just combined. Spoon mixture into slice pan and smooth the surface.

3 Whisk ricotta and icing sugar in a small bowl. Alternately spoon dollops of ricotta mixture and pieces of apricot over the top of the batter. Bake in preheated oven for 16-20 minutes or until a skewer inserted into the centre comes out clean.

4 Set slice aside in the pan for 10 minutes to cool slightly. Transfer to a wire rack to cool completely before cutting into 18 pieces.

COOK'S TIP

You can keep the slice in an airtight container in the fridge for up to 3 days. Alternatively, wrap pieces in plastic wrap and place in a resealable freezer bag. Expel any air. Label, date and freeze for up to 4 months.





Cinnamon spiced bunny biscuits

PREPARATION TIME: 20 MINS

(+ 30 MINS CHILLING TIME

+ COOLING TIME)

COOKING TIME: 15 MINS

MAKES 24 (AS A SNACK)

120g (¾ cup) wholemeal plain flour

45g (¼ cup) rice flour

2 Tbsp self-raising flour

2 Tbsp cornflour

60g (½ cup) pure icing sugar, sifted

1 tsp ground cinnamon

80g light margarine

1 Tbsp skim milk

60g egg, separated

2 tsp demerara sugar

1 Combine flours, icing sugar and cinnamon in a medium bowl. Add margarine and use fingers to rub into the flours until mixture resembles coarse breadcrumbs. Add milk and egg yolk. Mix until dough starts to come together.

2 Turn out dough onto a lightly floured surface and bring together to form a ball. Flatten into a disc, wrap in plastic wrap and place in the fridge for 30 minutes to chill.

3 Preheat oven to 160°C (fan-forced). Line 2 baking trays with baking paper. Cut dough in half and return one half to the fridge. Roll out dough on a lightly floured surface until 3-4mm thick. Using a 10cm bunny cutter cut 12 bunnies out of the dough, re-rolling when necessary. Carefully transfer bunnies to one of the lined trays. Repeat with remaining dough.

4 Whisk eggwhite in a small bowl and brush a little over the top of the biscuits. Sprinkle with demerara sugar. Bake for about 15 minutes or until lightly golden in colour. Set aside on the trays for about 10 minutes before transferring to wire racks to cool.

COOK'S TIP

The biscuits will keep in an airtight container for up to 1 week.



Hot-crossed scones

PREPARATION TIME: 15 MINS

COOKING TIME: 12 MINS

MAKES 15 (1 PER SERVE)

240g (1½ cups) wholemeal self-raising flour

225g (1½ cups) self-raising flour

60g light margarine

2 x 25g pkts Sunbeam Super Berry Mix (cranberry, flame raisin, blueberry and goji), roughly chopped

250ml (1 cup) skim milk, and

1 Tbsp extra skim milk, for brushing

½ tsp light margarine, per scone, to serve, if you like

1 Preheat oven to 200°C (fan-forced). Line a large tray with baking paper. Put the flours in a medium bowl. Add margarine and use your fingertips to rub into the flours until well combined. Stir in dried fruits.

2 Add milk and, using a flat-bladed knife, stir until the mixture just starts to come together. Turn out onto a lightly floured surface

and knead until just smooth. Using a rolling pin, roll out dough until about 2cm thick. Using a 5cm round cutter, cut 15 scones, re-rolling when necessary and reserving remaining dough.

3 Place scones on lined tray so they are just touching. Brush with a little milk. Bring remaining dough together and roll out on a lightly-floured surface until about 5mm thick (and 25cm long). Cut dough into strips about 5mm wide and place across top of scones in both directions to form crosses. Brush tops with a little more milk and bake for around 12 minutes or until the tops are lightly golden. Serve warm and spread with a little margarine, if you like.

COOK'S TIP

Scones are best eaten on the day they are made. To keep longer, simply wrap the cooled scones individually in plastic wrap and place in a resealable freezer bag. Expel any air, label and freeze for up to 3 months. ■



Healthy
classic

MY NEW... *Anzac biscuits*

Roll up, roll up for a deliciously nutty take on an **Aussie classic!**

This healthy twist on the traditional oaty treat is cause for celebration! By switching to plant-based margarine and reducing the coconut, we have cut the saturated fat by over two thirds compared to regular shop-bought Anzac biscuits. And by using wholemeal flour and adding extra oats, we've increased the fibre by around a third per serve. Plus, we've included sunflower seeds to increase the healthy heart fats.

Anzac biscuits

PREPARATION TIME: 15 MINS

COOKING TIME: 25 MINS

MAKES 25 (1 PER SERVE: AS A SNACK)

140g (1½ cups) rolled oats
120g (¾ cup) wholemeal plain flour
45g (½ cup) desiccated coconut
3 Tbsp sunflower seeds
100g (½ cup, firmly packed)
brown sugar
70g light margarine
3 Tbsp golden syrup
125ml (½ cup) water
1 tsp bicarbonate of soda

1 Preheat oven to 170°C (fan-forced). Line 2 baking trays with baking paper.

2 Combine oats, flour, coconut, sunflower seeds and sugar in a bowl. Put margarine, golden syrup and water in a small saucepan. Cook, stirring, over medium heat until margarine melts. Remove pan from the heat and stir in bicarb of soda. Set aside for 5 minutes.

3 Add golden syrup mixture to flour mixture and mix until well combined. Roll tablespoonfuls of the mixture into balls (makes 25) and place about 6cm apart on lined trays. Using your fingers, press out balls until they're each 5mm thick. Bake for 20 minutes or until golden brown and cooked through. Set biscuits aside on trays for 10 minutes to cool. Transfer biscuits to wire racks to cool completely. Enjoy!

COOK'S TIP

The biscuits will keep in an airtight container for up to four days. ■

Sunflower seeds provide antioxidants, healthy heart fats and extra crunch!

Anzac biscuits
Kick back with a cuppa
and enjoy an extra oaty
taste of tradition.
see recipe, opposite

How
our food
works
for you

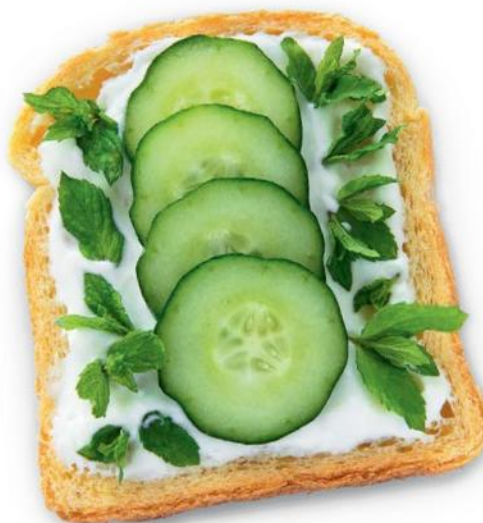
see page 74

**nutrition
info**

PER SERVE 374kJ,
protein 1g, fat 3.4g
(sat. fat 1.4g),
carbs 13g, fibre 1g,
sodium 104mg
• Carb exchanges 1
• GI estimate low

Bread WINNERS

Having diabetes doesn't mean bread is off the menu – *DL dietitian Lisa Urquhart* rates the most popular loaves and wraps



Bill's Activated 7 Seeds Multigrain Sourdough

Contains no artificial additives and is 100 per cent organic. It's also lower GI and has less salt than others on the market.
Contains 830kJ, protein 7g, fat 2.6g (sat. fat 0.6g), carbs 30g, fibre 5.2g, sodium 184mg. Carb exchanges 2.



Wattle Valley Soft Wraps Wholegrain

These are brilliant for lunch boxes. The grains add extra fibre and the salt content is fairly low.
Contains 533kJ, protein 3.8g, fat 2.9g (sat. fat 1.2g), carbs 19.6g, fibre 3.2g, sodium 215mg, Carb exchanges 1 1/3.



Herman Brot Lower Carb Bread

A perfect seedy bread if you want to reduce your carbs. Made from wheat, lupin and soy protein, it's super-high in protein and fibre.
Contains 1040kJ, protein 23.6g, fat 12.8g (sat. fat 1.7g), carbs 5g, fibre 10.7g, sodium 340mg. Carb exchanges 1/3.



Helga's Wholemeal Lower Carb

Tasty and high in protein, these wraps get a tick for being a good source of fibre as well as for being lower in sodium than many others.
Contains 630kJ, protein 6.9g, fat 5.2g (sat. fat 2.2g), carbs 17.1g, fibre 3.4g, sodium 230mg. Carb exchanges 1 1/4.



Helga's Wholemeal & Seed Lower Carb

Made with wholemeal flour and seeds, it's high-protein and low-GI, giving a steady stream of energy.
Contains 800kJ, protein 10.3g, fat 6.5g (sat. fat <1g), carbs 19g, fibre 5.7g, sodium 280mg. Carb exchanges 1 1/3.



Goodness Superfoods Better For U! Barley Wraps

Made with lower carb BARLEYmax, a wholegrain developed by our CSIRO, it's very high in fibre.
Contains 401kJ, protein 4.1g, fat 1.3g (sat. fat 0.3g), carbs 13.2g, fibre 7.1g, sodium 180mg. Carb exchanges 3/4.



Tip Top 9 Grain Wholemeal

Low-GI, the wholemeal flour, grains and seeds make up 65 per cent of your daily wholegrain target.

Contains 822kJ, protein 9.8g, fat 5.1g (sat. fat 0.6g), carbs 24.2g, fibre 6.9g, sodium 292mg.

Carb exchanges 1⅔.



Wonder Wholegrain

White Smooth Wholegrain

Meet fussy eaters halfway with 18 per cent whole grains as well as Hi-Maze and Oat fibre.

Contains 730kJ, protein 6g, fat 2.2g (sat. fat <1g), carbs 28g, fibre 6.1g, sodium 265mg. Carb exchanges 2.

HOW TO *pick the perfect loaf*



Look for breads with whole grains, wholemeal flour or other seeds. Most of us need about 25g of fibre a day, so go for breads with 5g or more per serve.

Watch the sodium

Our recommended daily limit is 2300mg and a serve of bread may give 600-700mg or more.

Aim for less than 300mg per serve and you'll be on the right track.

Be carb savvy

Carbs are an important brain fuel but overdoing them can play havoc on blood glucose levels. Aim for up to 2 exchanges (30g carbs) or less per serve.

Serve = 2 slices of bread
or 1 wrap



Bûrger Soy-Lin

This super-seedy bread is loaded with protein, so it will keep you firing until your next meal.

Contains 751kJ, protein 11.2g, fat 4.8g (sat. fat 0.7g), carbs 19.9g, fibre 5.6g, sodium 361mg.

Carb exchanges 1⅓.



Baker's Delight Cape Seed Loaf

Quite low in salt this is packed with 11 seeds, grains and beans while keeping the carbs down.

Contains 1140kJ, protein 12.6g, fat 13.1g (sat. fat 1.7g), carbs 22g, fibre 7.1g, sodium 267mg.

Carb exchanges 1⅔.

GLUTEN-FREE CHOICES



Old Time Bakery Wholesome Gluten Free Wraps

These wraps are low in salt and boast zero artificial ingredients.

Contains 752kJ, protein 9g, fat 3.6g (sat. fat 0.6g) carbs 24.2g, fibre 6.6g, sodium 36mg.

Carb exchanges 1⅔.



Woolworths Free From Gluten Seeds & Grains

This was the Product of the Year 2016 Gluten-free Baking winner.

Contains 842kJ, protein 4.3g, fat 4.7g (sat. fat 0.5g), carbs 32.9g, fibre 4.8g, sodium 312mg.

Carb exchanges 2.



PureBred Gluten-Free Multigrain Farmhouse Loaf

Lighter than many gluten-free options, it's also dairy free.

Contains 409kJ, protein 3.8g, fat 1.7g (sat. fat 0.1g), carbs 21.6g, fibre 9.8g, sodium 159mg.

Carb exchanges 1½. ■

Plan your week,

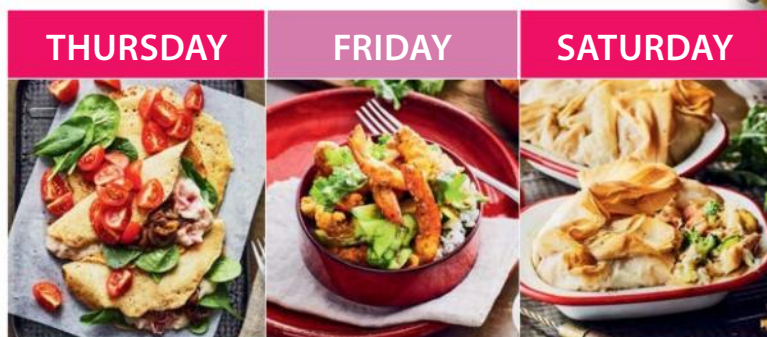
Wondering what to eat this week?

Try these delicious meal and snack ideas

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
				
H₂O	Start each day with a glass of water. Six to 10 glasses a day is recommended			
Breakfast	Ricotta, walnut and thyme figs (page 73) 	2 Weet-Bix topped with ¾ cup low-fat milk, 2 Tbsp low-fat Greek-style natural yoghurt and 4 sliced strawberries	1 toasted wholemeal English muffin spread with 1 Tbsp low-fat ricotta and topped with 2 x 60g boiled eggs, sliced	Savoury crumpet (page 73) 
Optional snack	170g tub Chobani flavoured yoghurt, with 13g of protein, will keep you full	Hot-crossed scone (page 65)	Combine 2 chopped kiwifruits, 250g sliced or chopped strawberries and 100g halved seedless grapes in a plastic container. Serve over 2 days	
Lunch	Asian prawn salad with lime and chilli dressing (page 38)	For a quick, healthy lunch grab a 200g Edgell Cannellini Bean Salad from the supermarket	Sick of the same old boring sangas? Check out our bread, wrap and roll recipes from page 40 for some lunchtime inspiration →	
Optional snack	Hot-crossed scone (page 65)	1 small apple and 20g reduced-fat cheddar cheese	170g tub Chobani flavoured yoghurt	Chocolate, ricotta and apricot slice (page 64)
Dinner	Sweet potato gratin with chargrilled beef (page 56) <i>Pictured above</i>	Chicken and tomato rice (page 54) <i>Pictured above</i>	Creamy roasted cauliflower pasta (page 55) <i>Pictured above</i>	Veal schnitzel with herbed potatoes (page 55) <i>Pictured above</i>
Alcohol	If you choose to drink, stick to 1-2 standard drinks a day. It's also a good idea to			
Optional dessert	2 tsp drinking chocolate mixed with 250ml (1 cup) hot low-fat milk	1 kiwifruit served with a 40g scoop of Peters No Sugar Added ice-cream	1 piece of fresh fruit	2 tsp drinking chocolate mixed with 250ml (1 cup) hot low-fat milk
Exercise	 Aim for 20-60 minutes of moderate exercise each day.			

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packs or the nutrition info boxes near our recipes for nutritional analysis

it's easy!



THURSDAY

FRIDAY

SATURDAY

depending on the weather and how active you are

2 Weet-Bix topped with $\frac{3}{4}$ cup low-fat milk, 2 Tbsp low-fat Greek-style natural yoghurt and 4 sliced strawberries

1 toasted wholemeal English muffin spread with 1 Tbsp low-fat ricotta and topped with 2 x 60g boiled eggs, sliced

Scrambled tofu on sourdough (page 73)



200g cherry tomatoes, halved and drizzled with 1 tsp extra virgin olive oil and 2 tsp freshly squeezed lemon juice. Top with 2 Tbsp low-fat fresh ricotta

1 small apple and 20g reduced-fat cheddar cheese



1 medium carrot cut into sticks and served with 2 Tbsp low-fat hummus

1 Tbsp sultanas and 10 natural almonds



1 medium carrot cut into sticks and served with 2 Tbsp low-fat hummus

Crêpes with onions, ham and cheese (page 56)
Pictured above

Prawn curry and rice (page 54)
Pictured above

Salmon, broccoli and ricotta filo pie (page 54)
Pictured above

have a couple of alcohol-free days every week

Plum and ginger crumble dessert slice – no custard (page 28)

Plum, hazelnut and orange free-form tart (page 30)

1 kiwifruit served with a 40g scoop of Peters No Sugar Added ice-cream

Always discuss your exercise plans with your doctor first

FILL 'ER UP

Large portions and grazing can throw the best intentions for weight management and blood glucose control out the window. Beat the mid-meal munchies and feeling overly full after dinner with these tips

1 Drink a glass of water before eating – often you're thirsty rather than hungry.

2 Add some lean protein, including eggs, canned fish, tofu, legumes and low-sugar dairy products to meals and snacks. These help to keep you feeling fuller for longer.

3 Pack your plate with non-starchy vegetables, such as leafy greens or salad vegetables. These are high in fibre, which will fill you up.

4 Pack away leftovers before sitting down to eat – it will be less tempting to go back for seconds.

5 Think about how fast you eat. Try to pace yourself by putting down your cutlery and taking a break between each bite.

6 See an Accredited Practising Dietitian for more hints and tips which can suit you and your lifestyle. ■





All the tips, tricks and *inside knowledge* for healthy cooking, brought to you by our food editor, Alison Roberts

Food *bites*

KITCHEN TIP

LIMEY GOODNESS

This versatile citrus fruit is in season all year round but is at its tangy and refreshing best right now!

Look for green and glossy limes that feel heavy for their size. To use, wash and dry, then remove the zest using a citrus zester, or a fine grater, and/or juice the fruit. Limes last longer when stored in the fridge. You can also freeze the juice in ice cube trays. Once frozen pop out into a snaplock bag and freeze for up to four months.

Try these quick ideas or check out page 38 for more recipes using limes.

- Put a little grated zest in your next salad dressing for a flavour hit without kilojoules.
- Add slices of lime to chilled still or sparkling water, along with a few mint leaves and frozen berries. Refreshing!
- Squeeze lime wedges over your barbecued chicken or fish before serving.

- For a delicious, quick and easy pasta dish, stir-fry a little finely chopped red chilli, ginger and garlic. Throw in some sliced asparagus and cherry tomatoes. Chargrill or pan-fry a chicken breast fillet, then thinly slice and toss with chilli mixture, prepared pasta, rocket leaves, a squeeze of lime juice and a little lime zest. Top with parmesan and serve.



60-SECOND SNACK

Spread middle of 1 piece of mountain bread with 1 tsp Mayver's Cacao Super Spread. Top with 1/2 cup chopped strawberries, 1/2 banana, sliced, and a few mint leaves. Roll up to enclose filling and eat!

PER SERVE 613kJ, protein 4g, total fat 3.8g (sat. fat 0.5g), carbs 22g, fibre 4g, sodium 107mg
 • Carb exchanges 1½
 • GI estimate low

To discover which *Diabetic Living* recipes are lower carb, vegetarian, gluten free, have a gluten-free option or can be frozen, turn to our Recipe Index on page 150. We want you to get the most out of every issue, so please share your ideas by writing to us at diabeticliving@pacificmags.com.au

QUICK AND EASY

Brekkie ideas

Savoury crumpets

Preheat a small chargrill pan on medium-high. Spray 4 slices of **tomato** with cooking spray. Cook for 1-2 minutes each side or until lightly charred. Toast 2 **wholemeal crumpets**. Spread with ½ small **avocado**, mashed and mixed with a little **lemon juice**. Top with tomato, 15g reduced-fat **feta**, crumbled, and freshly **ground pepper**.

PER SERVE 1498kJ, protein 11g, total fat 16g (sat. fat 4.3g), carbs 38g, fibre 7g, sodium 779mg • Carb exchanges 2½ • GI estimate medium

Ricotta, walnut and thyme figs

Halve 2 large **figs**. Evenly spoon 3 Tbsp **Pantalica Smooth Light Ricotta Cheese** on top. Sprinkle with 2 Tbsp chopped **walnuts**, drizzle with 1 tsp **honey** and top with a few **lemon thyme leaves**.

PER SERVE 1113kJ, protein 9g, total fat 17.5g (sat. fat 2g), carbs 16g, fibre 5g, sodium 67mg • Carb exchanges 1 • GI estimate low • Gluten-free option • Lower-carb option

Scrambled tofu on sourdough

Heat 1 tsp **olive oil** in a small non-stick frying pan over medium heat. Add 1 **garlic clove**, crushed, 2cm-piece fresh **ginger**, finely grated, ¼ tsp **cumin seeds** and ¼ small fresh **red chilli**, finely chopped. Cook, stirring, for 1 minute. Add 150g medium firm **tofu**, diced and crumbled. Cook, tossing, for 1-2 minutes or until heated. Top 2 x 20g slices toasted **multigrain sourdough bread** with tofu mixture, then with 1 small chopped **tomato** and a handful of small **basil leaves**, 1 tsp **mirin** and freshly **ground black pepper**.

PER SERVE 1524kJ, protein 24g, total fat 16.7g (sat. fat 2.3g), carbs 24g, fibre 9g, sodium 263mg • Carb exchanges 1½ • GI estimate low • Lower-carb option

PANCAKES TO GO

If you're like me or my kids and love pancakes, but don't want the mess, Kambrook's Golden Pancake Perfection pancake maker is perfect for you. It creates light and fluffy pancakes in just minutes. It heats up quickly and is non-stick, so it only needs a little wipe clean at the end. RRP is \$49.95; visit kambrook.com.au for stockists near you.

SUPERMARKET CRUSH

Top snack idea

Corn thins are primarily made of corn and, due to their natural popcorn flavour, are great on their own, or topped with your favourite healthy toppings – mine is low-fat cottage cheese, sliced tomato, avocado and a few thin shavings of parmesan. Try the Multigrain, Sesame or Soy & Linseed varieties. You can buy them at most supermarkets for RRP \$2 for a 150g pack. For more information, visit cornthins.com



Food that works for you

Every recipe in *Diabetic Living* has been carefully created to help you enjoy a *healthy, balanced* diet



If you need to lose weight, reduce your salt or fat intake, or keep an eye on your carbs, just refer to the Nutrition Info box alongside each recipe. You can use it to track all of your nutritional requirements,

as well as count your carbs and carb exchanges. You'll also find out whether a recipe is low-, medium- or high-GI, or gluten free. Easy!

Alison Roberts, Food Editor
(far left), **Lisa Urquhart, Dietitian**

Serves 2 (as a main)

We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

Brand names

We sometimes use brand names so it's easy for you to find nutritionally suitable foods at the shops.

Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.



Prawn curry and rice
see recipe, page 54 >>

How our food works for you

PER SERVE 1790kJ, protein 30g, total fat 9.7g (sat. fat 4.8g), carbs 49g, fibre 9g, sodium 615mg, Carb exchanges 3½
• GI estimate low • Gluten-free option

Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges

Make counting your carbs easier: one carb exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal. ■

PHOTOGRAPHY BRETT STEVENS (FOOD)

CUT OUT & KEEP



YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs.

To maintain your weight* Kilojoules 8700kJ Protein 90g Total fat 60g Saturated fat 15g Carbs 230g Fibre 30g Sodium 2.3g

To lose weight* Kilojoules 6000kJ Protein 70g Total fat 50g Saturated fat 15g Carbs 180g Fibre 30g Sodium less than 1.6g

* These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.



"My little boy is a hero!"

**Little Callum is his mum's hero.
But even heroes need help.**

Callum was diagnosed with type 1 diabetes when he was only 23 months old. He and his family are facing a lifetime of challenges – he'll never be a carefree little boy.

If his blood glucose levels drop while he's sleeping, he might not wake up.

If he's at school and his teachers don't know what to look for, he could get sick enough to be rushed to hospital by ambulance. It's happened before.

Despite all this, Callum has kept his cheeky humour and bright imagination. **He's learned to imagine the bright drops of blood on his finger when he tests his blood glucose levels are happy little ladybirds.** He's learned to smile when he could as easily cry.

But he needs support. Callum needs opportunities like DiaBuddies Days to meet other kids like him. He needs his school to have the training and resources to help him while he's there.

He needs you.

Your support means everything to kids like Callum and others living with diabetes.



We depend on the incredible generosity of donors and supporters like you to provide much-needed services for children and adults with diabetes and their families.

Please make a donation today by calling 1300 136 588 or online at diabetesnsw.com.au/callum

Thank you for your support of Diabetes NSW & ACT. You're giving hope that Callum, his dad Stuart, and I need so much and that we hold onto. And you have something in common with Callum. You're a hero too!
Lisa (Callum's mum)



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DINNER

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Cambridge Weight Plan offers a delicious range of 200-calorie nutritionally complete meals with one-to-one support to ensure you reach your weight loss goal and keep it off.

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Slimmer in 7 days

Your healthy lifestyle change starts here! Follow this meal planner and you'll feel lighter and more energised within a week



This 7-day eating plan was designed by *DL* dietitian Lisa Urquhart using recipes created by *DL* food editor Alison Roberts. "Our recipes aim to help you eat more vegies and fruit, lean protein, whole grains and dairy," Lisa says. "We have increased the fibre, limited saturated fat and reduced the sodium, without sacrificing taste! You will enjoy every mouthful, feel fuller for longer ... and cut excess kilojoules." Following this meal plan is a fantastic way to kick-start your weight loss. But, better still, it will help you to develop better eating habits every day of the week, so you can live a healthier life.



LET'S START

When you add diabetes to a busy lifestyle you can feel overwhelmed.

Most likely you know that you need to eat healthy meals but doing it can be hard. That's why we've developed a kick-start, seven-day meal planner to take the guesswork out of preparations and get you on the right track. You'll soon love your new habits – and your results!

Whether you find portion sizes tricky or often find yourself grazing between meals, the recipes and snacks here are aimed at meeting your nutritional needs without overdoing the kilojoules and carbs. You may see an improvement in blood glucose levels (BGLs) over the week as well as lose weight and feel more energised.

Follow the plan and you'll consume around 6000 kilojoules (1400 calories) a day. This may assist you to lose between 0.5 and 1kg a week. While it can be tempting to crash diet, sure and steady is the way to go if you're committed to a sustainable healthy lifestyle.

Before YOU BEGIN

● It's important to check with your healthcare team and discuss your treatment goals before you make changes to your diabetes management. Remember, this food plan is a guide only and your individual needs may differ. An accredited practising dietitian can assist

with the fine-tuning and give you recommendations based on your personal requirements.

● Aim to drink 6 to 8 glasses of water daily to stay hydrated.
● Adequate sleep can help regulate BGLs and may even help you lose weight – 7½ to 8½ hours a night is best.

● Half a packet of chocolate biscuits in the cupboard? Clear out all those tempting treats before Day One so that you can make a fresh start.
● Plan ahead – write a shopping list and shop in advance so your fridge and pantry are stocked with the ingredients you need to stay on track.





Daily needs

The meal planner includes breakfast, lunch, dinner and two snacks. The main meals are important to provide essential nutrients for the body, keep BGLs regular and provide your body with energy to get through the day. Most recipes are high in protein and have loads of fruit and veg for extra fibre, so you're going to keep hunger grumbles at bay.

You may also like to include snacks between meals, which may help with:

- Maintaining steady BGLs, particularly if you are on insulin or certain diabetes medications and usually snack between meals.
- Keeping the munchies at bay – some people find they manage hunger and concentration better with a small snack between meals.
- Avoiding overeating later on – snacks may help you better manage your portion size at your next meal.

Some of the snacks require recipes. You'll find these on page 103.



Friendly foods

These choices will satisfy your tastebuds and fuel your body

Vegetables Packed with soluble fibre, vitamins and minerals, vegies are a healthy way to fill up. Aim to fill half your plate with non-starchy vegies – preferably the more vibrant coloured options (green, orange, red, purple and yellow). Have smaller amounts of starchy veg – potato, sweet potato, pumpkin and corn – as these can increase BGLs and kilojoules.

Fruit Satisfy your sweet cravings without the fat and extra kilojoules. Aim for two serves of fruit each day.

Whole grains Oats, barley, cracked wheat and quinoa leave you feeling fuller for longer as they're rich in fibre, vitamins and minerals.

Low-fat dairy An important source of calcium so choose options with no added sugar, such as low-fat Greek-style yoghurt, low-fat ricotta and cottage cheese.

Lean protein Think fish, eggs, chicken breast and lean red meat. Protein steadies BGLs and helps prevent cravings. ➤

SNACKS

In a hurry?
Try these:



MONDAY

Breakfast

Health tip

Eating a filling breakfast can improve insulin sensitivity and BGL control over the day.

MUSHROOMS *with* PESTO SCRAMBLED EGGS

PREPARATION TIME: 5 MINS
COOKING TIME: 10 MINS
SERVES 1 (AS A LIGHT MEAL)

3 medium cap mushrooms,
stalks removed
100g cherry tomatoes on the vine
Olive oil cooking spray
¼ tsp olive oil
2 x 50g eggs
1½ Tbsp skim milk
Freshly ground black pepper,
to season
15g (½ cup) baby spinach leaves
30g thinly shaved salt-reduced
ham or gluten-free ham
2 tsp pesto or gluten-free
pesto, to serve
300ml freshly squeezed
orange juice, to serve

1 Preheat oven to 200°C (fan-forced). Line an oven tray with baking paper. Spray mushrooms and tomatoes with cooking spray. Roast for 8-10 minutes or until mushrooms are tender and tomatoes have softened.

2 Meanwhile, heat oil in a small non-stick frying pan over a medium heat. Put eggs, milk and pepper in a small bowl and whisk to combine. Add egg mixture to pan and cook, stirring occasionally, for 1-2 minutes or until egg starts to set. Turn off heat and stir until just set.

3 Arrange spinach, mushrooms, ham, tomatoes and egg on a serving plate or board. Drizzle over pesto and serve with juice.

nutrition info

PER SERVE 1568kJ, protein 25g,
total fat 16g (sat. fat 4g),
carbs 31g, fibre 5g,
sodium 325mg
• Carb exchanges 2
• GI estimate low
• Gluten-free option



ROAST PUMPKIN, RICOTTA *and* SPINACH SANDWICHES

PREPARATION TIME: 10 MINS
COOKING TIME: 30 MINS
SERVES 2 (AS A LIGHT MEAL)

300g Jap pumpkin, peeled and
deseeded, cut into wedges
Olive oil cooking spray
Freshly ground black pepper,
to season
4 slices wholemeal grain bread
or gluten-free bread
150g low-fat fresh ricotta
2 Tbsp sunflower seeds
25g (1 cup) baby spinach leaves
8 Sandhurst 'Lite' Semi-Dried
Tomatoes

1 Preheat oven to 200°C (fan-forced). Line an oven tray with baking paper. Arrange pumpkin in a single layer on prepared tray and spray with

cooking spray. Season with pepper. Roast for 20-30 minutes or until pumpkin is very soft.

2 Spread 2 pieces of the bread with ricotta. Press sunflower seeds into ricotta. Top with spinach. Add the pumpkin, pressing down slightly onto spinach to spread out. Top with tomatoes and then top with remaining bread slices. Serve.

nutrition info

PER SERVE 1538kJ, protein 20g,
total fat 11g (sat. fat 3.8g),
carbs 42g, fibre 10g,
sodium 479mg
• Carb exchanges 2¾
• GI estimate low
• Gluten-free option ➤

MONDAY

Health tip

Choosing meals with good sources of protein and fibre can help you feel fuller for longer.

Dinner

THAI-STYLE FISH with GREENS

PREPARATION TIME: 10 MINS

COOKING TIME: 10 MINS

SERVES 2 (AS A MAIN)

- 2 Tbsp rice flour
- 300g boneless firm white fish fillets, cut into 2cm pieces
- 3 tsp olive oil
- 1 stalk lemongrass, white part only, finely chopped
- 2 cloves garlic, finely chopped
- 1 bunch asparagus, woody ends trimmed, diagonally sliced
- 80g green beans, diagonally sliced
- 1 bunch broccolini, cut into 4cm lengths
- 1 Tbsp water
- 2 Tbsp freshly squeezed lime juice
- 3 tsp salt-reduced soy sauce or gluten-free soy sauce
- 2 tsp fish sauce or gluten-free fish sauce
- 125g (½ pkt) SunRice Low GI White Steamed Rice, heated following pack instructions, to serve

1 Put flour on a plate. Add fish and turn to coat, shaking off any excess. Heat 2 tsp of the oil in a large non-stick wok over a medium-high heat. Add fish and cook for 2-3 minutes, turning often, or until fish is cooked and crisp. Transfer to a plate.

2 Heat remaining oil in the wok over a medium-high heat. Add lemongrass, garlic, asparagus, beans and broccolini. Stir-fry for 2 minutes. Add water, cover and cook for 1-2 minutes or until

vegies are just tender. Combine lime juice, soy sauce and fish sauce in a small bowl. Add to wok and toss to combine. Return fish to wok and stir to heat through.

3 Divide rice between shallow serving bowls. Serve with stir-fry.

nutrition info

PER SERVE 1597kJ, protein 34g, total fat 12g (sat. fat 1.9g), carbs 30g, fibre 7g, sodium 544mg
 • Carb exchanges 2 • GI estimate low
 • Gluten-free option



Breakfast

COFFEE, BANANA and BRAN SHAKE

Blend 1 **banana**, 185ml (¾ cup) **low-fat milk**, 60ml shot **espresso coffee**, cooled, ¼ cup **ice-cubes** and 3 tsp **oat bran**. Pour into a serving glass and enjoy!

nutrition info

PER SERVE 1012kJ, protein 10g, total fat 3.1g (sat. fat 1.7g), carbs 42g, fibre 4g, sodium 84g
 • Carb exchanges 2¾
 • GI estimate low

SNACKS



175g tub low-sugar diet yoghurt (Yoplait Formé)

PER SERVE 306kJ, protein 7.5g, total fat 0.2g (sat. fat 0.2g), carbs 11g, fibre 2.6g, sodium 93mg



Crackers with cheese and apple

PER SERVE 652kJ, protein 7g, total fat 6.9g (sat. fat 4.2g), carbs 15g, fibre 2g, sodium 201mg
 See recipe, page 103 ➤



SPICED LAMB *with* QUINOA *and* CHICKPEA SALAD

PREPARATION TIME: 10 MINS

COOKING TIME: 15 MINS

SERVES 4 (AS A MAIN)

1 tsp Moroccan seasoning

500g lean lamb steaks,
trimmed of fat

Olive oil cooking spray

Quinoa salad

135g (¾ cup) white or
tri-coloured quinoa

310ml (1¼ cups) salt-reduced beef
stock or gluten-free stock

300g can chickpeas, rinsed
and drained

2 small carrots, peeled into
thin ribbons

130g (½ cup) low-fat Greek-style
plain yoghurt

Freshly squeezed juice of ½ lemon

100g (4 cups) rocket leaves

1 To make quinoa salad, cook quinoa according to packet instructions using beef stock instead of water. Set aside to cool slightly.

2 Meanwhile, preheat a non-stick frying pan over a medium-high heat. Put Moroccan seasoning on a plate. Add lamb and turn to coat. Spray lamb on both sides with cooking spray. Add to pan and cook for 2-3 minutes on each side for medium-rare, or until cooked to your liking. Set aside.

3 Put quinoa, chickpeas and carrot in a medium bowl and toss well to combine. Combine yoghurt and lemon juice in a small bowl. Slice the lamb.

4 Divide rocket between serving plates. Top with quinoa salad and lamb. Drizzle with yoghurt dressing and serve.

nutrition info

PER SERVE 1828kJ, protein 38g, total fat 14g (sat. fat 4.8g), carbs 35g, fibre 6g, sodium 678g • Carb exchanges 2½ • GI estimate low • Gluten-free option

MEXICAN BEAN *and* EGG WRAP

PREPARATION TIME: 10 MINS

COOKING TIME: 5 MINS

SERVES 1 (AS A LIGHT MEAL)

125g can four-bean mix,
rinsed and drained

1 small green shallot, trimmed,
diagonally sliced

2 Tbsp roughly chopped
coriander leaves

Freshly ground black pepper,
to season

1 x 50g egg

2 Tbsp skim milk

¼ tsp olive oil

30g avocado, mashed until smooth

1 x Wattle Valley Soft Lite White
wrap or gluten-free wrap

1 Tbsp grated reduced-fat
tasty cheese

1 Combine beans, shallot and coriander leaves in a small bowl.

Season with pepper and toss well to combine.

2 Whisk egg, milk and pepper in a small bowl. Heat oil in a small non-stick frying pan over a medium heat. Add egg mixture and cook, stirring, for 30-60 seconds or until egg is just set.

3 Spread avocado over half of the wrap. Top with scrambled egg. Sprinkle over bean mixture and cheese. Roll up and serve.

cook's tip

If you prefer, you can replace the four-bean mix with red kidney beans and swap out the coriander with parsley.

nutrition info

PER SERVE 1517kJ, protein 20g, total fat 15g (sat. fat 5g), carbs 33g, fibre 7g, sodium 521g • Carb exchanges 2¼ • GI estimate low • Gluten-free option

Dinner



SNACKS



30g unsalted nuts

PER SERVE 8247kJ,
protein 6g,
total fat 17.8g (sat. fat 2g),
carbs 2g, fibre 2g
sodium 1g



Green smoothie

PER SERVE 329kJ, protein 2g, total
fat 0.3g (sat. fat 0.1g), carbs 16g, fibre
3g, sodium 38g • Carb exchanges 1
• GI estimate low • Gluten free
See recipe, page 103 ►



FRUIT *and* WALNUT PORRIDGE

Cook 30g (½ cup) **rolled oats**, 200ml **low-fat milk** and 60ml (¼ cup) water in a small saucepan over a medium heat for 4-5 minutes. Serve with 10g chopped **pitted prunes**, 10g chopped **walnuts** and a small **orange**, peeled, cut into segments.

nutrition info

PER SERVE 1471kJ, protein 14g, total fat 12.4g (sat. fat 2.6g), carbs 42g, fibre 9g, sodium 88mg • Carb exchanges 2½
• GI estimate low

Breakfast

CORN, BUCKWHEAT *and* TOMATO SALAD WITH CHICKEN MEATBALLS

PREPARATION TIME: 15 MINS

COOKING TIME: 25 MINS

SERVES 2 (AS A LIGHT MEAL)

50g (¼ cup) buckwheat
185ml (¾ cup) boiling water
1 corncob, husk and silk removed
60ml (¼ cup) water
250g grape tomatoes, halved
1 cup basil leaves
30g low-fat feta, crumbled
Chicken meatballs
125g chicken breast mince
1 clove garlic, crushed

1 egg yolk (from 50g egg)
20g (¼ cup) fresh breadcrumbs,
made from day-old grain bread

¼ tsp olive oil

Dressing

½ cup basil leaves, finely chopped
1 clove garlic, crushed
1 tsp extra virgin olive oil
Juice of ½ lemon

1 Rinse buckwheat in a sieve under cold running water until water runs clear. Transfer to a small saucepan along with boiling water. Bring to the boil over a high heat. Reduce heat to medium and cook, partially covered, for 25 minutes or until tender. Drain and rinse well.

2 Meanwhile, put corn and water in a shallow microwave bowl. Cover and cook on high/100% for 4 minutes or until tender.

Drain well and set aside to cool slightly. Using a sharp knife, cut corn from cob and set aside.

3 To make chicken meatballs, combine mince, garlic, egg yolk and breadcrumbs in a small bowl. Using wet hands, shape mixture into 14 small balls. Heat oil in a large non-stick frying pan over a medium-high heat. Add meatballs and reduce heat to medium. Cook, turning often, for 6-7 minutes or until cooked through.

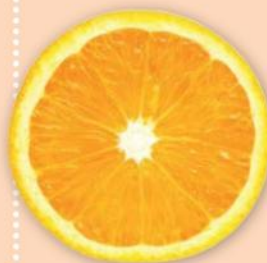
4 To make dressing, put basil and garlic in a small bowl. Stir in oil and lemon juice.

5 Put buckwheat, corn, tomato, basil and feta in a large bowl. Add meatballs and dressing. Toss to combine. Divide salad and meatballs between shallow serving bowls. Serve.

nutrition info

PER SERVE 1576kJ, protein 30g, total fat 11.8g (sat. fat 3.3g), carbs 30g, fibre 13g, sodium 271mg
• Carb exchanges 2
• GI estimate low

SNACKS



Fresh orange

PER SERVE 445kJ, protein 2.4g, total fat 0.2g (sat. fat 0.1g), carbs 20g, fibre 6g, sodium 7mg



Asparagus with tzatziki dip

PER SERVE 283kJ, protein 5g, total fat 2.4g (sat. fat 1.3g), carbs 4g, fibre 2g, sodium 183mg • Carb exchanges ⅓
• GI estimate low • Gluten free
See recipe, page 103 ➤



Lunch

Health tip

Eating regular balanced meals can help prevent overeating and big fluctuations in your BGLs.

gluten free



Dinner

EGGPLANT and RICOTTA STACKS

PREPARATION TIME: 15 MINS
COOKING TIME: 10 MINS
SERVES 2 (AS A MAIN)

250g orange sweet potato,
cut into 1cm-thick slices
60ml (¼ cup) water
1 eggplant, cut into
1cm-thick slices
Olive oil cooking spray
200g low-fat ricotta
3 Tbsp low-fat milk
2 Tbsp basil pesto
150g roasted red capsicum,
drained, cut into pieces
25g (1 cup) rocket leaves
1 tsp extra virgin olive oil,
to serve
Freshly squeezed lemon
juice, to serve

Small basil leaves, to serve
Freshly ground black pepper,
to serve

- 1 Put sweet potato** and water in a shallow microwave dish. Cover and cook on high/100% for 4 minutes or until just tender. Drain and set aside.
- 2 Preheat a chargrill pan** on medium-high. Spray both sides of eggplant with cooking spray. Add to chargrill and cook, in batches if necessary, for 2 minutes on each side or until cooked through. Transfer to a plate.
- 3 Put ricotta**, milk and pesto in a small bowl. Whisk to combine.
- 4 To serve**, arrange half the eggplant on serving plates in a circular pattern. Spread with a little of the ricotta mixture. Top with a layer of sweet potato

followed by ricotta mixture, capsicum and rocket. Spoon over remaining ricotta mixture. Top with a final layer of eggplant. Drizzle with oil and lemon juice, and sprinkle with pepper and basil leaves. Serve.

nutrition info

PER SERVE 1568kJ, protein 20g,
total fat 17.7g (sat. fat 5.8g),
carbs 31g, fibre 10g, sodium 773mg
• Carb exchanges 2
• GI estimate low
• Gluten free

Breakfast

BANANA and CHIA SMOOTHIE

Put 2 Tbsp **Sustagen Vanilla powder**, 1 small **banana**, 170g tub **Chobani Plain 2% Fat Yoghurt**, 185ml ($\frac{3}{4}$ cup) **low-fat milk**, 2 tsp **chia seeds** and $\frac{1}{4}$ cup **ice cubes** in a blender. Blend until smooth. Serve.

nutrition info

PER SERVE 1486kJ, protein 28g, total fat 9g (sat. fat 3.5g), carbs 39g, fibre 5g, sodium 202mg

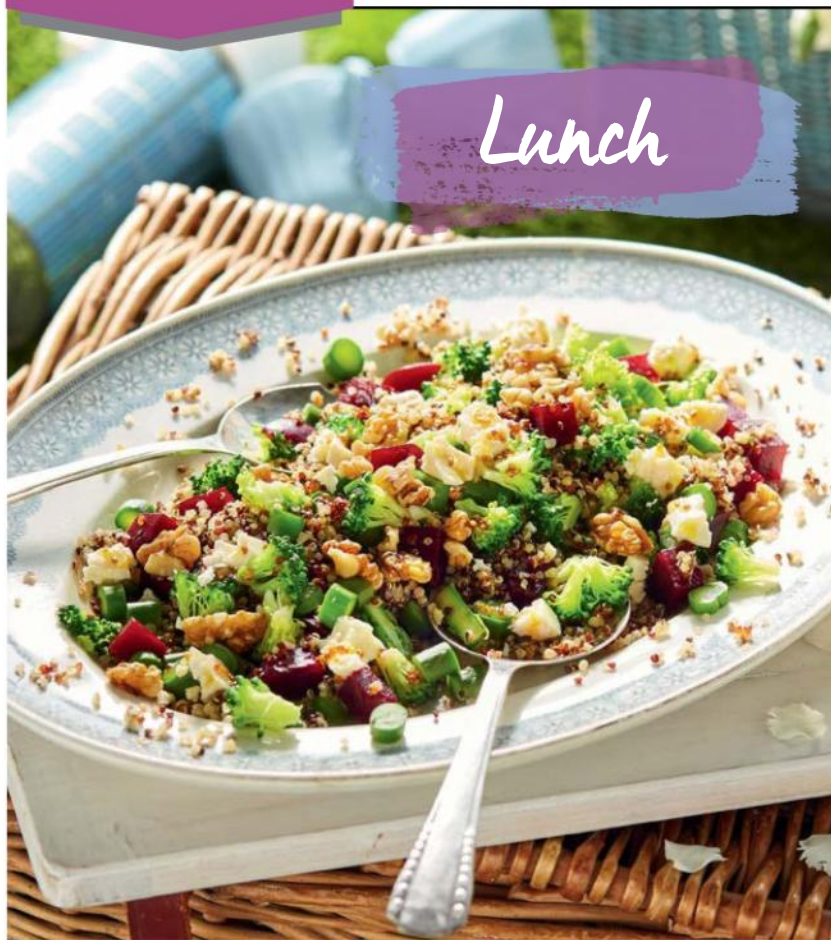
- Carb exchanges $2\frac{2}{3}$
- GI estimate low
- Gluten free ➤

Health tip

Sound sleep protects against the fat and sugar cravings that can follow disrupted or lack of sleep. So nurture good sleep habits!

gluten free

Lunch



BEETROOT, SPRING VEG and QUINOA TABOULI

PREPARATION TIME: 15 MINS

COOKING TIME: 50 MINS

SERVES 6 (AS A LIGHT MEAL)

- ½ bunch beetroot
- 135g (¾ cup) tricolour quinoa
- 375ml (1½ cups) water
- 1 head (250g) broccoli, cut into small pieces
- 1 bunch asparagus, woody ends trimmed, finely chopped

- 50g walnuts, roughly chopped
- 100g reduced-fat feta, crumbled

Honey and mustard dressing

- 1 Tbsp extra virgin olive oil
- 1 Tbsp honey
- 1 Tbsp wholegrain mustard or gluten-free mustard
- Juice of 1 lemon
- Freshly ground black pepper, to season

- 1 Trim leaves** and stems from beetroot, leaving 2-3cm of stems attached. Put in a large saucepan

and cover with plenty of cold water. Cover and bring to the boil over a high heat. Reduce heat to medium and cook, partially covered, for 40 minutes or until beetroot is tender when tested with a skewer. Drain well and set aside to cool. When beetroot is cool enough to handle, put on gloves and peel. Chop into small cubes and set aside.

2 Meanwhile, put quinoa and water in a small saucepan. Cover and bring to the boil. Reduce heat to medium-low and cook, covered, for 10-15 minutes or until all the liquid is absorbed. Transfer to a large bowl to cool.

3 Bring a small saucepan of water to the boil. Add broccoli and asparagus. Cover and return to the boil. Drain and rinse under cold water. Drain well. Set aside.

4 To make dressing, whisk all ingredients in a small bowl.

5 Add broccoli, asparagus and dressing to quinoa. Toss to combine. Add beetroot and toss gently. Put in a shallow serving bowl. Sprinkle with chopped walnuts and feta, season with pepper. Serve.

nutrition info

PER SERVE 1098kJ, protein 12g, total fat 12.8g (sat. fat 2.5g), carbs 23g, fibre 5.5g, sodium 271mg

- Carb exchanges 1½
- GI estimate low
- Gluten-free option

SNACKS



1 medium apple, ½ cup low-fat Greek yoghurt

PER SERVE 893kJ, protein 10g, total fat 3.4g (sat. fat 1.7g), carbs 30g, fibre 7g, sodium 143mg



Ryvita with ricotta, gherkin and tomato

PER SERVE 399kJ, protein 6g, total fat 2g (sat. fat 1g), carbs 12g, fibre 2.6g, sodium 186mg

- Carb exchanges ¾
- GI estimate low

See recipe, page 103

Health tip

Cooking at home means knowing exactly what goes into your meals, and you can bulk up the veg!



Dinner

INDIAN *chicken* CURRY

PREPARATION TIME: 15 MINS

COOKING TIME: 45 MINS

SERVES 2 (AS A MAIN)

- 2 tsp olive oil
- 20 fresh curry leaves
- 2 tsp brown mustard seeds
- 250g skinless chicken breast fillet, trimmed of fat, cut into 2.5cm pieces
- 1 brown onion, cut into thin wedges
- 2 tsp garam masala
- 125ml (½ cup) TCC Light Coconut Milk
- 1 tsp Massel Salt Reduced Chicken Style Stock Powder
- 250ml (1 cup) water
- 300g low-GI potatoes, chopped
- 250g cauliflower, cut into small florets
- 1 large zucchini, chopped

1 Heat half the oil in a medium saucepan over a medium-high heat. Add curry leaves and mustard seeds and cook, stirring often, for 2-3 minutes or until leaves are crisp. Transfer to a plate lined with paper towel. Add chicken to pan and cook for 2 minutes or until just browned. Remove from pan and set aside.

2 Heat remaining oil in the same saucepan over a medium heat. Add onion and cook, stirring occasionally, for 7-8 minutes or until onion softens and starts to brown slightly. Remove half the onion from the pan and set aside. Add garam masala to remaining onion and cook, stirring, for 1 minute. Add half the cooked curry leaves mixture.

3 Add coconut milk, combined stock powder and water, potato

and cauliflower to the pan. Cover and simmer over a medium heat. Cook, partially covered, for 20 minutes or until potato is just tender. Add chicken and zucchini. Cook, uncovered, for 5 minutes.

4 Divide curry between shallow serving bowls. Combine reserved onion, mustard seeds and curry leaves in a small bowl. Spoon a little mixture over curry and serve.

nutrition info

PER SERVE 1652kJ, protein 37g, total fat 13g (sat. fat 5.5g), carbs 28g, fibre 9g, sodium 121mg • Carb exchanges 2 • GI estimate low ►

Breakfast



HAM, SPINACH and MUSHROOM TOASTIE

Layer 30g **salt-reduced ham**, $\frac{1}{3}$ cup **roasted red capsicum strips**, 15g ($\frac{1}{2}$ cup) **baby spinach**, 2 **button mushrooms**, sliced and 1 slice **reduced-fat swiss cheese** between 2 slices

wholemeal grain bread. Toast in a sandwich press. Serve.

nutrition info

PER SERVE 1173kJ, protein 11g, total fat 5g (sat. fat 1.7g), carbs 42g, fibre 10g, sodium 93mg
 • Carb exchanges 2 $\frac{3}{4}$
 • GI estimate low

1 cup firmly packed flat-leaf parsley leaves
 $\frac{1}{2}$ large red capsicum, cut into short, thin strips
 30g reduced-fat blue cheese
 20g walnut pieces, roughly chopped

Dressing

1 Tbsp fresh lemon juice
 2 tsp red wine vinegar
 1 tsp Dijon mustard or gluten-free mustard
 Freshly ground black pepper, to season

1 Put beans, pear, parsley and capsicum in a medium bowl. Toss to combine.

2 To make dressing, whisk lemon juice, vinegar, mustard and pepper together in a small bowl.

3 Pour dressing over bean mixture and toss to combine. Divide between serving plates. Crumble over blue cheese and sprinkle with walnuts. Serve.

nutrition info

PER SERVE 1463kJ, protein 13g, total fat 12.6g (sat. fat 3.8g), carbs 31g, fibre 16g, sodium 633mg
 • Carb exchanges 2
 • GI estimate low
 • Gluten-free option

Avoid skipping or delaying meals as it can cause your BGLs to drop too low

PEAR, WHITE BEAN and BLUE CHEESE SALAD

PREPARATION TIME: 10 MINS
 COOKING TIME: NIL
 SERVES 2 (AS A LIGHT MEAL)

400g can cannellini beans, rinsed and drained
 2 small Corella pears, quartered, cored, very thinly sliced

SNACKS



Strawberry yoghurt

Top 125g strawberries with 90g low-fat natural yoghurt. Add 1 tsp pepitas and 1 tsp slivered almonds.
 PER SERVE 503kJ, protein 8g, total fat 4.2 (sat. fat 1.3g), carbs 10g, fibre 4g, sodium 80mg • Carb exchanges $\frac{2}{3}$
 • GI estimate low • Gluten free



250g punnet fresh strawberries

PER SERVE 270kJ, protein 2g, total fat 0.5 (sat. fat 0g), carbs 10g, fibre 6g, sodium 8mg ➤



Lunch

Health tip

Planning your meals ahead can save time and money, and it also avoids impulse purchases.



Dinner

gluten free

SALMON, POTATO and CAPSICUM FRITTATA

PREPARATION TIME: 15 MINS

COOKING TIME: 35 MINS

SERVES 2 (AS A MAIN)

Cooking spray

300g orange sweet potato, chopped

80ml (⅓ cup) water

½ red capsicum, cut into chunks

1 zucchini, cut into chunks

2 cloves garlic, crushed

1 red onion, cut into wedges

8 kalamata olives, pitted, quartered

¼ cup roughly torn flat-leaf parsley leaves

105g can red salmon, drained, flaked

3 x 50g eggs

125ml (½ cup) low-fat milk

Freshly ground black pepper, to season

Extra flat-leaf parsley leaves, to serve

25g (1 cup) baby spinach, to serve

1 Preheat oven to 200°C

(fan-forced). Spray a 750ml (3-cup) ovenproof dish with cooking spray. Line base and sides with baking paper.

2 Put sweet potato and water

in a medium microwave dish. Cover and cook on high/100% for 5 minutes or until potato is just tender. Drain and set aside for 5 minutes to cool slightly.

3 Put capsicum, zucchini, garlic,

onion, olives, parsley and sweet potato in a large bowl and toss

to combine. Transfer vegie mixture to prepared dish and sprinkle over salmon. Put eggs and milk in a medium bowl. Season with pepper and whisk to combine. Pour egg mixture over vegie mixture. Bake for 30 minutes or until frittata is set. Let cool for 5 minutes.
4 Sprinkle extra parsley over frittata and serve with spinach leaves.

nutrition info

PER SERVE 1674kJ, protein 26g, total fat 14.3 (sat. fat 3.7g), carbs 38g, fibre 8g, sodium 545mg

• Carb exchanges 2½

• GI estimate low

• Gluten free

Breakfast



CRUMPETS WITH RICOTTA and BERRY SPREAD

SERVES 1

Put 50g chopped fresh **strawberries**, 50g **frozen raspberries** and 1 Tbsp water in a small saucepan with 1 tsp **caster sugar**. Cook over a medium heat until berries soften. Mash. Cook for 3-4 minutes over a low heat or until mixture thickens. Toast 2 **wholemeal crumpets**. Spread each crumpet with 2 Tbsp **low-fat ricotta**. Spoon over berry mixture and serve.

nutrition info

PER SERVE 1375kJ, protein 16.9g, total fat 5.8 (sat. fat 3.2g), carbs 48g, fibre 4g, sodium 780mg
 • Carb exchanges 3¼
 • GI estimate medium

CHARGRILLED CHICKEN, POTATO and EGG SALAD

PREPARATION TIME: 10 MINS

COOKING TIME: 25 MINS

SERVES 4 (AS A LIGHT MEAL)

450g Carisma potatoes, unpeeled
 4 x 50g eggs, at room temperature
 400g skinless chicken breast fillets, cut through centre into 2 pieces

Olive oil cooking spray

Freshly ground black pepper, to season

1 red capsicum, cut into short, thin strips

12 small cos lettuce leaves, torn

1 Lebanese cucumber, halved lengthways, diagonally sliced

Dressing

3 Tbsp 97% fat-free mayonnaise or gluten-free mayonnaise

1½ Tbsp freshly squeezed lemon juice

1½ Tbsp boiling water

3 tsp drained capers, finely chopped

1 Tbsp chopped flat-leaf parsley

Freshly ground black pepper, to season

1 Put potatoes in a large saucepan and cover with cold water. Cover and bring to the boil. Reduce heat to medium and cook, partially covered, for 20-25 minutes or until potatoes are just tender. Add eggs for the last 5 minutes of cooking. Drain and set aside.

2 Meanwhile, preheat a chargrill pan on medium-high. Spray chicken with cooking spray. Season with pepper. Add to chargrill and cook for 2 minutes on each side or until cooked through. Transfer to a plate.

3 To make dressing, whisk mayonnaise, lemon juice, water and capers in a small bowl. Stir in parsley and season with pepper.

4 Toss capsicum, lettuce and cucumber in a medium bowl. Divide between serving plates. Slice potatoes and arrange on salad. Peel and quarter eggs and arrange on salad. Top with chicken, drizzle over dressing and serve. ➤

nutrition info

PER SERVE 1124kJ, protein 31g, total fat 6.4g (sat. fat 1.8g), carbs 19g, fibre 3g, sodium 361mg

• Carb exchanges 1½

• GI estimate low • Gluten-free option

Lunch



ITALIAN-STYLE *baked* MEATBALLS

PREPARATION TIME: 10 MINS

COOKING TIME: 25 MINS

SERVES 2 (AS A MAIN)

80g extra-lean beef mince
80g extra-lean pork mince
1 tsp Dijon mustard or
gluten-free mustard
1 small zucchini, coarsely grated,
excess moisture squeezed out
2 Tbsp finely shredded basil leaves
2 Tbsp finely shredded flat-leaf
parsley leaves
Freshly ground black pepper,
to season
¼ tsp extra virgin olive oil
1 clove garlic, crushed
400g can no-added-salt
chopped tomatoes
½ tsp Massel Salt Reduced Chicken
Style Stock Powder
125ml (½ cup) water

60g bocconcini, sliced
Extra basil leaves, to serve
(optional)
2 x 60g slices wholegrain
sourdough bread or gluten-free
bread, to serve

1 Preheat oven to 190°C (fan-forced). Combine minces, mustard, zucchini, basil and parsley in a large bowl. Season with pepper. Using your hands, shape into 6 even meatballs.
2 Heat oil in a medium non-stick frying pan over a medium-high heat. Add meatballs and cook, turning occasionally, for 2 minutes or until browned. Transfer to 2 small ovenproof dishes and set aside. Add garlic to pan and cook, stirring often, for 1 minute. Add tomatoes, stock powder and water. Bring to a simmer and cook, stirring occasionally, for 5 minutes.

3 Pour tomato sauce over meatballs. Put dishes on an oven tray and bake for 5 minutes. Remove tray from oven and place cheese over meatballs. Bake for a further 5 minutes or until meatballs are cooked through and cheese is melted. Top with extra basil leaves, if using. Serve with bread.

cook's tip

Switch it up by replacing the Dijon with wholegrain mustard, and swap the zucchini with a carrot.

nutrition info

PER SERVE 1601kJ, protein 31g, total fat 13.2g (sat. fat 6g), carbs 33g, fibre 5g, sodium 477mg
• Carb exchanges 2¼
• GI estimate low
• Gluten-free option

You can still eat your favourites using Diabetic Living recipes which have been revamped to suit you

SNACKS



Apple, pear and celery juice

PER SERVE 481kJ, protein 2g, total fat 0.3g (sat. fat 0.1g), carbs 23g, fibre 4g, sodium 51mg • Carb exchanges 1½
• GI estimate low
• Gluten free
See recipe, page 103



30g reduced fat cheddar cheese and 1 carrot cut into sticks

PER SERVE 592kJ, protein 10g, total fat 7.3g (sat. fat 4.7g), carbs 65g, fibre 5g, sodium 214mg ➤

A photograph of a meal featuring a white bowl of meatballs in a red tomato sauce, topped with melted cheese and fresh basil leaves. The bowl sits on a light blue plate. In the background, a loaf of bread is sliced, with a piece resting on a small blue dish. A wooden cutting board and a blue glass are also visible.

Health tip

Lacking energy? It could be due to your medications or high BGLs. Chat to your endocrinologist for advice.

Dinner

Breakfast



MANGO and COCONUT SMOOTHIE

Put the flesh of ½ small **mango**, 170g tub **Chobani Coconut Blended 2% Low-Fat Yogurt**, 125ml (½ cup) **low-fat milk**, 1½ Tbsp **protein powder** and ¼ cup **ice-cubes** in a blender. Blend until smooth and serve.

PER SERVE 1556kJ, protein 38g, total fat 7.1g (sat. fat 5.1g), carbs 37g, fibre 3g, sodium 146mg
 • Carb exchanges 2½
 • GI estimate low

PRAWN and FISH SOUP

PREPARATION TIME: 15 MINS

COOKING TIME: 55 MINS

SERVES 4 (AS A LIGHT MEAL)

2 tsp extra virgin olive oil
 500g green prawns, peeled and deveined, tails left intact, shells reserved
 1.5L (6 cups) water
 Pinch saffron threads
 1 Tbsp boiling water
 1 leek, very thinly sliced
 2 cloves garlic, finely chopped
 1 brown onion, finely chopped
 2 sticks celery, finely chopped
 125ml (½ cup) white wine
 500g tomatoes, chopped
 2 Tbsp tomato paste
 3 sprigs thyme
 350g firm white fish fillets, chopped

Freshly ground black pepper, to serve

Chopped flat-leaf parsley, to serve (optional)

4 x 30g slices sourdough bread or gluten-free bread, to serve

1 Heat half the oil in a large non-stick frying pan over a medium-high heat. Add prawn shells. Cook, stirring often, for 5-6 minutes or until shells are golden. Add water and stir well. Bring to the boil. Reduce heat to medium and simmer for 15 minutes. Strain stock and discard shells. Set aside.
2 Meanwhile, put saffron and boiling water in a small bowl. Set aside to infuse. Heat remaining oil in a large non-stick saucepan over a medium heat. Add leek, garlic, onion and celery. Reduce heat to medium-low and cook, stirring often, for 10 minutes or until vegetables soften.

3 Increase heat to high. Add wine and cook, stirring often, for 2 minutes. Add tomatoes, tomato paste, thyme, prawn stock and saffron water. Cover and bring to the boil. Reduce heat to medium and simmer, uncovered, for 20 minutes.

4 Add prawns and fish to the pan. Cook for 4-5 minutes or until just cooked through.

5 Divide soup between serving bowls. Sprinkle with pepper and parsley, if you like. Serve immediately with bread.

nutrition info

PER SERVE 1224kJ, protein 33g, total fat 5.3g (sat. fat 1.1g), carbs 22g, fibre 5g, sodium 541mg
 • Carb exchanges 1½
 • GI estimate low
 • Gluten-free option ➤



Health tip

A cup of herbal tea after dinner can be just the ticket to help calm the tummy and the mind.

Lunch



Dinner

PEPPERCORN and HERB CRUSTED LAMB with BEAN SALAD

PREPARATION TIME: 15 MINS

COOKING TIME: 30 MINS

SERVES 4 (AS A LIGHT MEAL)

- ½ tsp extra virgin olive oil
- 450g mini lamb leg roast, trimmed of excess fat
- 1 eggwhite (from 50g egg), whisked
- 3 tsp drained green peppercorns, finely chopped
- 1 cup flat-leaf parsley, finely chopped
- 2 tsp finely grated orange zest
- 1 clove garlic, crushed

Bean salad

- 200g green beans, trimmed
- 1 bunch broccolini, ends trimmed
- 2 Tbsp freshly squeezed orange juice
- 2 tsp extra virgin olive oil
- Freshly ground black pepper, to season
- 1 small red onion, cut into thin slivers
- 2 Tbsp slivered almonds, toasted
- 4 x 30g wholemeal grain or sourdough rolls, or 4 slices gluten-free bread, to serve

1 Preheat oven to 200°C (fan-forced). Line a small roasting pan with baking paper.

Heat oil in a small non-stick frying pan. Add lamb and cook for 2-3 minutes, turning often, or until well browned. Set aside to cool for 10 minutes.

2 Brush lamb all over with eggwhite. Combine peppercorns, parsley, orange zest and garlic on a large plate. Roll the lamb in parsley mixture, pressing any remaining mixture onto meat. Put lamb in prepared pan and roast for 25 minutes for medium, or until cooked to your liking. Transfer to a shallow dish and set aside to rest.

3 Meanwhile, to make the bean salad, bring a medium saucepan of water to the boil. Add beans and broccolini. Cook for 1 minute. Drain. Rinse under cold water and drain well. Pat dry with paper towel. Put in a bowl or container. Whisk orange juice and oil in bowl and season with pepper. Add to bean mixture with onion and toss to combine. Sprinkle with almonds.

4 Slice lamb and serve with bean salad and bread rolls.

cook's tip

The lamb and salad will keep in the fridge for up to 2 days.

nutrition info

PER SERVE 1562kJ, protein 37g, total fat 15.4g (sat. fat 4.3g), carbs 18g, fibre 8g, sodium 262mg

- Carb exchanges 1¼
- GI estimate low
- Gluten-free option

SNACKS



Fruity pizza

PER SERVE 318kJ, protein 2g, total fat 1.2g (sat. fat 1g), carbs 13g, fibre 2g, sodium 27mg • Carb exchanges 1

- GI estimate medium
- Gluten free

See recipe, opposite



¼ cup trail mix

PER SERVE 727kJ, protein 4.6g, total fat 10.8g (sat. fat 1.5g), carbs 13.8g, fibre 3g, sodium 6mg

Snack smart recipes



Crackers with cheese and apple

SERVES 1

Take 4 **multigrain crackers** and top with 20g **reduced-fat cheese** and ½ **small apple**, cut into wedges. Serve.

nutrition info

PER SERVE 652kJ, protein 7g, total fat 6.9g (sat. fat 4.2g), carbs 15g, fibre 2g, sodium 201mg



Asparagus with tzatziki dip

SERVES 1

Trim woody ends from ½ bunch **asparagus**. Blanch and serve with 80g (⅓ cup) **low-fat tzatziki**.

nutrition info

PER SERVE 283kJ, protein 5g, total fat 2.4g (sat. fat 1.3g), carbs 4g, fibre 2g, sodium 183mg

- Carb exchanges ⅓
- GI estimate low
- Gluten free



Apple, pear and celery juice

SERVES 1

Push ½ **apple**, ½ **pear**, ¼ **lime**, peeled, 1 **celery stick** and 40g **baby spinach leaves** through a juicer. Blend well and pour into a small serving glass (over ice, if you like).

nutrition info

PER SERVE 481kJ, protein 2g, total fat 0.3g (sat. fat 0.1g), carbs 23g, fibre 4g, sodium 51mg • Carb exchanges 1½ • GI estimate low • Gluten free



Green smoothie

SERVES 2

Put 35g (1 cup, firmly packed) **baby spinach leaves**, 1 chopped **Lebanese cucumber**, 1 cored and chopped **green apple** (unpeeled), 250ml (1 cup) **coconut water** and ½ cup **ice cubes** in a blender. Cover and blend until smooth. Pour smoothie between 2 glasses and serve immediately.

nutrition info

PER SERVE 329kJ, protein 2g, total fat 0.3g (sat. fat 0.1g), carbs 16g, fibre 3g, sodium 38g

- Carb exchanges 1
- GI estimate low
- Gluten free



Fruity pizza

SERVES 4

Put a 2.5cm-thick round slice of seedless **watermelon** on a plate. Sprinkle over 1 peeled, sliced **kiwifruit**, 6 halved **cherries** (pitted), 3 roughly chopped **strawberries** and a 60g piece of **pineapple**, peeled, cored and cut into small wedges. Whisk 2 Tbsp **low-fat vanilla yoghurt** and 1 Tbsp **skim milk** in a small bowl until combined. Sprinkle over 10g **coconut chips** and 2 Tbsp small **mint leaves**. Cut into wedges and serve.

nutrition info

PER SERVE 318kJ, protein 2g, total fat 1.2g (sat. fat 1g), carbs 13g, fibre 2g, sodium 27mg

- Carb exchanges 1 • GI estimate medium
- Gluten free



Ryvita with ricotta, gherkin and tomato

SERVES 1

Spread 2 **Ryvita Original Rye Crispbreads** with 60g **low-fat ricotta**. Top with 1 sliced **tomato**, and 1 thinly sliced **gherkin**. Sprinkle with freshly ground **black pepper**. Serve.

nutrition info

PER SERVE 399kJ, protein 6g, total fat 2g (sat. fat 1g), carbs 12g, fibre 2.6g, sodium 186mg

- Carb exchanges ¾
- GI estimate low ■





I'm not losing weight. I'm getting rid of it. I have no intention of finding it again!

For more health stories visit
 diabeticliving.com.au

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HOBBIES that HEAL

Are you a crafter? A walker,
tennis player or singer?
Here's why you need *your*
happy place, and tips to
help you find it

Maybe it's spending time in the garden, or perhaps it's your weekly choir practice, dance lesson or even those few hours that disappear as you cross-stitch. Most of us have an enjoyable activity or hobby that provides a relaxing mental break from the day-to-day routines and stresses. Experts say these pursuits aren't just a pleasant way to while away the time, but have real health, wellbeing and fitness benefits, especially if you have a chronic illness.

Being totally immersed in an activity is actually known as 'flow', a psychological term that means being fully involved, interested, and present in what you are doing. "When people experience flow they want to do it again, because it's such a positive state," says Brisbane psychologist Dr Sue Jackson, who specialises in flow psychology.

"Flow has so many benefits. These activities give our lives that extra dimension and help us feel competent and good at something, and so add to our self-esteem. People who have a medical condition, such as diabetes, can also see that they can achieve these activities, even with the limitation they might have with their illness."

Your regular 'me-time' activity could be as simple as a daily walk, reading, dancing, cooking, gardening, a team sport or a craft. "It's endless really. The key is to find something you enjoy and then make a commitment to take part in that activity on a regular basis," says Jackson.

Volunteering is another activity to consider, and one that also provides additional positive mental health benefits. A review of over 40 studies by UK researchers found those who volunteered had lower levels of depression, increased life satisfaction and enhanced wellbeing. Australian researchers have found that for older people, being part of a local choir is a meaningful way to contribute to their local community. It's important to find your happy place, nurture it and visit it — regularly! ►



***Movement,
music and
meet-ups can
boost your
wellbeing***



NAME: Kim Henshaw
AGE: 38

DIAGNOSED WITH TYPE 1: 1986
PASSION: Stand-up paddleboarding

"I fell in love with the sport first trip out. A trainer who runs a fitness group I was in arranged a day of stand-up paddleboarding (SUP) for about 20 of us. After a short instruction we were on the water. The sun was shining, the water was still and we were relaxed and chatting. It was so much fun. My husband Paul came the next time and loved it too.

After that we hired SUPs whenever we could then last year bought our own secondhand boards, which has made it easier to just go. With two young kids, it does take a bit of organising but it's getting better as they get older.

You're out there on the water paddling away and while you're physically working, your mind can go anywhere. It's like a little holiday.

I love being outdoors in nature, even when the conditions aren't great. Sometimes you're battling the elements: it might be windy or the water is rough, and that's pretty cool too.

I find it helps with my diabetes physically and mentally. The exercise boosts metabolism, my serotonin production is up and I feel better and that's always a good thing."



NAME: Ashley Ng
AGE: 26

DIAGNOSED WITH TYPE 1: 2009
PASSION: Playing the clarinet

"Playing in a band is an indescribable feeling. The fact that a group of people can get together, read a bunch of black dots on a piece of paper and create such beautiful sounds blows my mind. There are certain pieces that, when played together with a full sound, will give you the tingles or even some tears.

I currently play clarinet in two concert bands; the Western Region Concert Band (WRCB) and the Chelsea Concert Band, and I rehearse once a week with each band. I've been with WRCB as long as I've had diabetes and remember sharing my updates with a few friends there as I stumbled through my diagnosis in 2009.



NAME: Glen Tilley
AGE: 53

**DIAGNOSED WITH
TYPE 2:** 2010
PASSION: Weekly
OzDOC chat
sessions





JOIN UP!



Create space for yourself with an activity that is just for you. Try one of these ideas:

”



● JOIN A GARDENING CLUB

Enhance your gardening through clubs all over Australia. For more info, visit gardenclubs.org.au

● FIND OR START A BOOK CLUB

A great way to read with purpose and a chance to get together with fellow readers. Local libraries have details on book clubs in your area, as well as information on how to set one up yourself.

● SING YOUR HEART OUT

Love music? Community choirs bring together people who enjoy singing. Visit the Australian Choral Association at anca.org.au to find a group or ask at your local library.

● **GET ARTY** Join a community college class in art, pottery, jewellery making or design – whatever takes your fancy.

Search 'local community colleges' online for more info.

● VISIT THE MEN'S SHED

Get together with other blokes and exercise DIY skills in a social environment. See mensshed.org for details.

● **CHAT ONLINE** Join the Oz Diabetes Online Community (OzDOC) which meets on Twitter every Tuesday at 8:30pm @ #OzDOC. ■

Music has always been a big part of my life. My mum was in a marching band so in a way I wanted to follow in her footsteps. In fact, I'm using her high school clarinet!

One of the biggest benefits is a feeling of being part of the community, and having a sense of pride and joy that you're giving something back when you perform.

Rehearsal time is also a way for me to recharge my mental health. I'm focused on making music so it takes my mind off all the other things I'm stressing over.

Music gives me more balance in my life when it comes to juggling all the diabetes-related things. It's also an opportunity to make friends with people who are outside my diabetes circle. Music doesn't care about diabetes. It's just music; pure and simple. It reminds me there is more to life."

"When I was diagnosed with diabetes I was going through a dark patch. I've had rheumatoid arthritis since my teens and had been diagnosed with sleep apnoea as well, so it was another chronic disease that I really did not need.

While I was coming to terms with it, I was made redundant from my workplace of 30 years. It was a really hard period of my life, physically and mentally.

Finding the OzDOC community – an online Twitter chat group that meets once a week – made a huge difference. These people were there every Tuesday night

to talk to and laugh with, and having that support network has been fantastic.

At first it normalised diabetes for me and helped me see it wasn't as big a deal as I had thought. It was so good to know I wasn't alone.

I try to help out the OzDOC community as much as I can and to give back some of what I've received through their support. Depression is something that I will have to live with for a while yet, but it makes it easier to know I have friends out there who care."



PARK *life*

Take exercise outdoors and save money. **Accredited exercise physiologist Drew Harrisberg**, who has type 1, shares his fresh-air workouts for all fitness levels



When it comes to managing diabetes, staying active works wonders. It improves your insulin sensitivity,

and in just 15 minutes it can have a positive impact on your blood glucose levels (BGLs).

Fortunately, you don't have to buy an expensive gym membership to enjoy these benefits. Councils around Australia have been installing free outdoor gyms to help you get active and boost your wellbeing without hurting your hip pocket.

These open-air gyms have similar equipment to what you'd find in a commercial gym, and are designed so you don't need to modify any settings, which makes them suitable for people of all fitness levels. As a bonus, spending time in nature or a green space has been shown to reduce levels of the stress hormone cortisol, which helps you feel more relaxed and can play an important role in improving insulin sensitivity.

Getting started

● **New to training** Rest assured you don't have to become a gym junkie to do resistance training. As little as 15 minutes nonstop exercise at an outdoor gym is enough to elicit excellent results, so try it out.

● **Seek expert advice** If you have previously diagnosed conditions that might stop you from taking part in strenuous physical activity, speak to your GP before starting a program. They can refer you to an accredited exercise physiologist who can help you develop a safe program. You can also ask them to supervise a session to make sure you're moving safely.

● **Look for the diagram** Most outdoor gyms have easy-to-follow instructions. Others allow you to scan a QR code with your smart phone which sends a demonstration video with the exercises to your device.

● **Listen to your body** If you have a joint or muscle that hurts, don't keep going just because the exercise says so. There's a difference between safely pushing through a healthy

pain (like muscle burn) and pushing through an unsafe pain (like a sharp, shooting pain or aching joint). Know your limits and when in doubt, leave it out!

● **Slip, slop, slap and sip** When exercising outdoors always put on sunscreen, wear a hat and sunglasses, and stay hydrated.

Circuit know-how

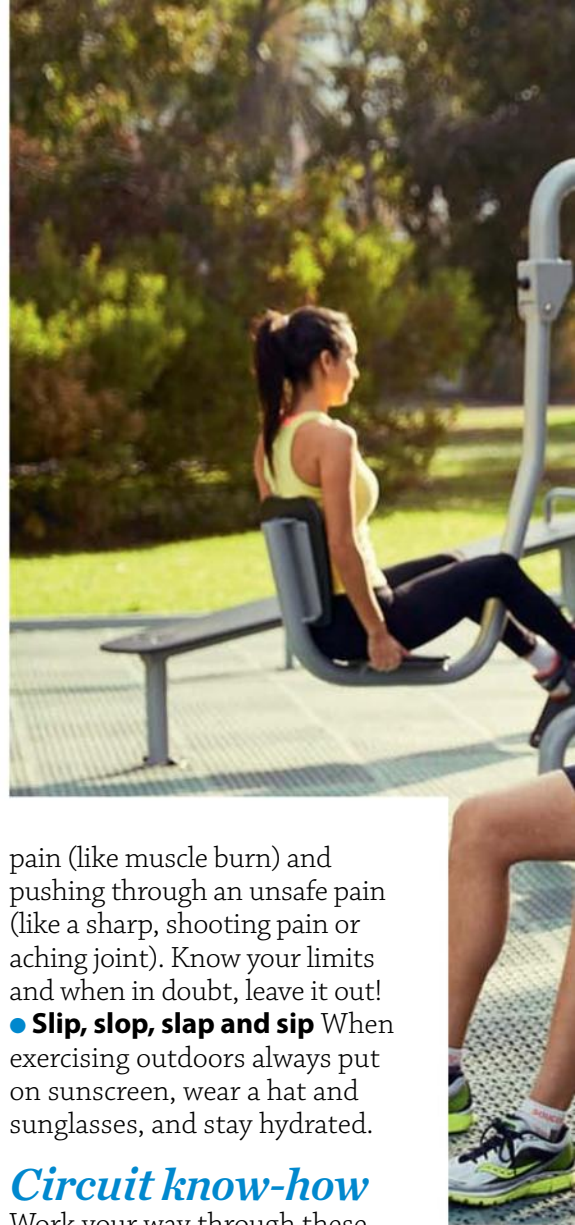
Work your way through these three circuit variations (see opposite) suitable for beginners, intermediate and those who are more advanced. They should each take between 15 and 45 minutes depending on your level of fitness. Always:

Warm up then set your timer for 15, 30 or 45 minutes depending on your fitness level.

Complete 10-15 reps of a pushing movement, pulling movement, leg movement and core movement, one after the other without a rest.

Do the four circuit exercises in a row, rest, then repeat the cycle until the clock runs out.

See how many rounds you can complete in the allocated time, then cool down and stretch.





Why it works

A mere 30 minutes of moderate physical activity, such as walking or cycling, and two resistance-training sessions a week, are enough to help delay diabetes-related complications. Resistance training (or using weights) improves your insulin sensitivity by opening the gateway to the muscle cells so that glucose from the bloodstream can freely enter. Repeatedly contracting your muscles under mechanical tension, such as when lifting free weights in a gym, is what allows your body to reap the best rewards.

FREE GYM

For a workout with all the health benefits and no financial pain head outdoors. To find one of the 300+ a space gyms across Australia, visit aspaceto.com.au, and hit the gym! ■

BEGINNER

Warm up
5-10 minutes brisk walk and stretch

Circuit
Chest press
Pull-down
Sit-to-stand
(from a bench)
Sit-up

Rest for 60-90 seconds

Repeat for 15 minutes

Cool down
5-10 minutes on elliptical, aerobic cycle or brisk walk and stretch

INTERMEDIATE

Warm up
5-10 minutes elliptical, aerobic cycle or brisk walk and stretch

Circuit
Push-up
Pull-up
Squats or leg press
Sit-up

Rest for 45-60 seconds

Repeat for 30 minutes

Cool down
5-10 minutes on elliptical, aerobic cycle or slow jog and stretch

ADVANCED

Warm up
5-10 minutes elliptical, aerobic cycle or slow jog and stretch

Circuit
Parallel bar dip
Pull-up
Step-up
Hanging leg raise

Rest for 30-45 seconds

Repeat for 45 minutes

Cool down
5-10 minutes on elliptical, aerobic cycle or slow jog and stretch

If the shoe

Whether you're a gym bunny or a tennis tragic, choosing the *correct*

Pick the right pair of shoes to get physical in and everything from your performance to how many minutes you rack up being active can improve. You'll be less likely to hurt yourself, too – a study from the Weil Foot and Ankle Institute in Chicago shows your risk of suffering an injury is up

to four times higher if you wear a shoe that doesn't fit properly.

"The decision about which footwear to exercise in should be less about fashion and more about purpose and function," says Danielle Veldhoen, senior podiatrist at Royal Prince Alfred Hospital's Diabetes Centre. "Part of that means choosing the right

type of shoe for the exercise you're doing as different activities require different features in a shoe, both for comfort and to avoid injury. Everyone should take this on board, but it's particularly important for people living with diabetes."

"Taking good care of your feet is essential to help prevent any

The 'perfect' sports shoe is one that suits and supports your foot, but there are a few

WALKING

1 A good sole "A supportive walking shoe has a sole that's more rigid than a running shoe," explains Veldhoen. And remember, grooves and treads on the outsole can help maintain traction when walking.

2 A rocker-shaped sole This type of sole encourages the natural roll of the foot, so is particularly good for walking.

3 Comfort "Every sports shoe should be comfortable, but you can spend hours in a walking shoe, so it's especially important in this instance," says Veldhoen. "Look for cushioning in both the toe and the heel."

WALKING SHOES WE LIKE...

WOMEN

Nike Air Max
Thea Ultra
Premium Stretch
Leather,
\$190

MEN

Skechers Burst
Just In Time,
\$119.95

WOMEN

Reebok DMX
Lite Prime,
\$99.99



TENNIS

1 A purpose-built tennis shoe "Tennis involves a unique set of movements, including lots of side-to-side activity, so you need to choose a shoe that's designed specifically for the sport to protect against injury," says Veldhoen.

2 A sturdy structure Choose a tennis shoe that offers the most stability between its sole and upper, as well as good-quality cushioning in the inner sole.

3 A substantial toe covering You need this to protect your big toes from going through the top of the shoes.

TENNIS SHOES WE LIKE...

WOMEN OR MEN

New Balance
786v2, \$140

WOMEN

Asics
Gel-Game 5,
\$110

WOMEN

Adidas
Barricade
Team 5, \$140



fits

footwear is important

foot injuries and infections that can lead to more serious complications, due to poor circulation and nerve damage,” says Veldhoen. “Wearing the right shoes, ones that cater to your foot shape or type as well as your individual risk factors, is a good place to start. So if you don’t know what shape your foot

is, or what your particular needs are, visit a podiatrist.” Or at least take advantage of the shoe fitting or ‘pressure mapping’ services some sports shoe chains offer, such as The Athlete’s Foot FITZI fitting technology. Some shoe stores offer a ‘fit guarantee’

so you can return them if you’re not satisfied or if your podiatrist advises they’re not the best choice for you. ■

Super socks

Team your sports shoes with the right sock to help keep your feet in good shape. **Diabetic socks** are a good choice because they come with features designed to prevent blisters, ulcers and infections. Choose a style without elasticated cuffs, free from as many seams as possible, and made from a material that allows your feet to breathe. Some brands, like **Reflexa**, also include extra technology to relieve pain, promote wound healing and regulate temperature.

TOP TIP *Don’t forget to take your socks with you when you’re shopping for sports shoes so you pick the right size shoe.*

other things to look for depending on the type of physical activity you’ve got planned...

GYM

1 A cross-trainer “You’ll be good to go in these whether you’re doing floor or equipment-based exercises, going for a short jog on the treadmill or jumping in an exercise class,” says Veldhoen.

2 A flexible sole Gym-based workouts can be dynamic, so choose a shoe that’s lightweight with a flexible sole so you can jump or run or keep up with the fancy footwork that some classes demand.

3 A breathable ‘upper’ This is good for those indoor workouts where the sweat factor comes into play.

GYM SHOES WE LIKE...

WOMEN

Nike Air Zoom Strong, \$180

MEN

Adidas Crazymove CF, \$90

WOMEN

Skechers Flex Appeal – High Energy, \$139.95



HIKING

1 Good ankle support “If you’re walking over uneven ground or carrying a heavy pack, ankle support is key,” says Veldhoen. “Boots or hiking shoes that reach or cover the ankles can be a good choice.”

2 A thicker sole “The thicker the sole, the better the tread pattern for hiking shoes,” says Veldhoen. “That means greater grip and stability when you’re walking.”

3 A waterproof material Regardless of the weather, you never know what sort of terrain you might have to cover, so choose a boot or shoe that’s waterproof.

HIKING SHOES WE LIKE...

WOMEN

Merrell Capra Rise, \$179.95

WOMEN OR MEN

Adidas AX2 Shoes, \$130

MEN

Asics Gel-Kahana 8, \$160



Why *moving* matters

Exercise not only helps with a smaller waist measurement, but can also prevent, and even reduce, the impact of cancer. ***Meet your myokines*** – the amazing chemicals that make activity such an all-round wonder cure

What if there was ‘a magic something’ you could do that made you stronger, slimmer and more energetic? What if it gave you a buzz better than coffee, improved your mood and kept grey hairs and wrinkles at bay? What if this miracle cure could also manage or prevent serious chronic diseases such as type 2 diabetes, cardiovascular disease, depression, polycystic ovarian syndrome, Parkinson’s and Alzheimer’s, and even some types of cancer, all without negative side effects and at

potentially zero cost? Well, there is something that does all this and more. It’s called exercise.

While it’s no secret that exercise has health benefits, the details of how it works on the body aren’t fully understood. For instance, research has found that losing weight is not as straightforward as energy in versus energy out, as the amount of exercise you do seems to influence how the body burns fat. To unravel such mystery, medical science has been looking at the small picture – cells and molecules – to try to discover exactly what happens to our bodies when we exercise, beyond that sheen of sweat.

About 15 years ago, a landmark study found that our muscles secrete special molecules into the blood during exercise, affecting the function of other organs much like hormones do. “We discovered that a cytokine called interleukin-6 myokine, which is normally associated

with inflammation and the immune system, was released from skeletal muscle,” explains one of the authors, Professor Mark Febbraio, who now leads the Diabetes and Metabolism Division at Sydney’s Garvan Institute of Medical Research. “We showed that [the myokine] signalled the liver to increase its production of glucose so the contracting muscle could use it as a fuel source.”

Mighty molecules

The implications of this are huge: your muscles do more than move limbs, and exercise does more than trim fat. Exercise actually initiates a chemical change in your body that affects it from top to toe in all kinds of unexpected ways. The discovery of myokines launched boffins everywhere on a mission to find and describe new types like an epic, lab-coated version of Pokémon GO, and the results continue to pile up.

It’s potentially great news for the countless people who suffer from chronic disease, including those with type 2 diabetes. “Most people suggest that type 2 diabetes is irreversible. That’s



we're working on a lot now," explains Febbraio.

Elixir of life

A 2016 Department of Health and Aged Care study shows that inactivity contributes to more than 10 per cent of breast and colon cancer cases in Western countries, making exercise a compelling preventative measure. In cases of existing cancer, research published in *Cell Metabolism* indicates that exercise slows the growth of tumours, promotes cancer cell death and prevents the cancer from spreading. The next phase of Febbraio's research involves seeing how exercise can stop or reverse the progress of the disease in breast cancer patients.

Even though he's a former pro triathlete, Febbraio says his motivation to exercise isn't different from anyone else's. "I still love exercise but I'm over 50, so now it's really to maintain healthy ageing. That's what motivates me to get off the couch. Particularly, as you get older you lose muscle mass and put on fat more quickly."

Febbraio's mission is to provide proof to inspire people to make the lifestyle change necessary to cash in on exercise's limitless benefits. "The more evidence showing the protective effects of exercise, the more likely people are to do it," he says.

So if donning the Lycra isn't something that comes naturally to you, remember that every time you flex a muscle, you're releasing your own private army of mini do-gooders that keep your cells firing, your metabolism in check, your brain happy, and may even protect you from cancer. ■

"Exercise **INITIATES A CHEMICAL CHANGE** in your body that affects it from top to toe in all kinds of unexpected ways"

not exactly the case. If you're diagnosed with type 2 diabetes and your pancreas still has some functionality, you can rescue your health," says Febbraio. "There are a couple of myokines that have been identified that result in browning of white fat, and if you brown white fat then you can increase the energy expenditure of that fat."

Happily, a dose of myokines isn't the sole preserve of elite athletes. "You don't have to run a marathon every day to get the

benefit. Any exercise is good, even walking," says Febbraio. "Everybody should wear a pedometer and try to do 10,000 steps a day. That's not that hard."

Alongside such encouraging news for diabetes, research is beginning to probe myokines' potential to subdue another, equally sinister foe: the big C. "Excitingly we are now starting to find that the muscle releases proteins that seem to be protective against a range of cancers. That's something



TYPE 2

I lost 17kg
AND
stopped
taking
INSULIN

Priscilla Baltazar, 64, joined a gym program for people with diabetes and it turned her life around

How were you feeling before your diabetes diagnosis?

I had just lost my business – a Filipino restaurant – and I was finding it hard to move around because I had put on so much weight. I was a size 24 and felt depressed.

Also, the sole of my foot was hot all the time so I went to see my doctor. He checked my blood glucose levels (BGLs), which were very high at about 20. He told me I had to go on medication. My diabetes was affecting everything, including my blood pressure, cholesterol and eyesight. Deep down I thought this shouldn't be happening. Nobody in my family had ever had diabetes before.

Did you make lifestyle changes straight away?

I had been working so hard in the restaurant and looking after my family that I didn't have time to exercise. I played tennis once a week but that wasn't enough so I started walking two hours every day. When you are heavy, it's much harder to get around, but I did my best.

I also knew I had to do something about my diet. My problem was rice. I loved it and would have it three times a day. Sometimes I'd have two bowls of rice with a Filipino delicacy like salted fish and sauce. Now I only have carbs twice a week.

I also used to have a lot of soft drink but since my diagnosis I've stopped drinking it. I now drink water or tea with a little honey and lemon.

Did those changes make a difference?

They did, but I still had to take insulin. Then I bumped into a friend who had lost a lot of

weight on an exercise program for people with diabetes at Definition Health Club in Blacktown, Sydney. I decided to give it a try and it was amazing. I lost 17kg in one year and stopped taking insulin. I still take diabetes medication, but not as much as before. My BGLs are now down to around six or seven, just because I am eating proper food and exercising. My cholesterol went down, too.

That's fantastic! Why did the program work?

The program is designed for people with diabetes and everyone encourages each other. We do classes like yoga and Zumba for 45 minutes to an hour. There are monitors that check our BGLs and our weight. Medicare covers it all. I also run on my treadmill before or after classes, so altogether I'm doing about two hours of exercise five days a week.

I used to think that doing housework was exercise but you really need to do something more strenuous to get your blood pumping. When I started at the gym I weighed 93kg. Now, a year later, I'm 74kg.

What difference has losing weight made to how you feel?

I can do more exercise without getting tired and I still have energy throughout the day. When I was heavy it was difficult to move. It's like driving a car that has been stuck somewhere for a long time. Once you fix it you can keep going.

I bet your traditional Filipino cuisine was delicious. What do you cook now?

Yes, our traditional food is delicious. We use garlic and

onions but not many spices. We fry a lot of food, like chicken and fish, with lots of oil. It tastes good but it's not so good for your body. I also used to cook a lovely roast pork and make lots of different sauces, but sauces just tempt you to eat more rice.

Now when I cook meat, I bake or grill it. I eat a lot more vegies and Mediterranean salads, too. I just have one teaspoon of olive oil and stir-fry my vegies.

In the morning I eat a piece of fruit and drink water, followed by a bowl of porridge. Once you get used to eating less food, your body stops asking for more.

You must be very happy with your achievements.

We only have one life. This will help me to live a bit longer. I'd like be around to see my grandchildren. My sons encouraged me – they knew I could do it. I think it's a matter of just having a goal. When you achieve it, it makes you happy. I'm also really happy that I am maintaining my good health. I can even jog now!

I really feel like a different person. Back when I was depressed I remember feeling like the whole world had come down on me. But you have to accept things and keep going and you have to encourage others. Now I have the energy to tell other people that they can do it too. ■

Have diabetes and want to share your story? Email diabeticliving@pacificmags.com.au or write to *Diabetic Living*, My Story, GPO Box 7805, Sydney, NSW 2001.

FLABBY
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COMFORTABLE

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BEAUTIFUL

FEAR
POWERFUL

EATING DISORDERS & DIABETES

Awareness of your eating habits is important – especially if you have diabetes, says *DL diabetes educator Dr Kate Marsh*



Do you binge, overeat at night, or obsess about what you eat? You could be among the almost one

in 10 Australians who have an eating disorder. While most common in teenage girls, eating disorders can affect anyone – men and women, young and old, rich and poor, and people from all cultural backgrounds. The risk is even higher if you have diabetes.

Studies show that teens with type 1 diabetes may have more than twice the risk of developing an eating disorder. And a recent review found that up to 40 per cent of people with type 2 have some form of 'disordered eating', including binge eating, night eating or any other eating disorder that doesn't fit into a single diagnosis. Although other studies have produced lower figures, awareness of eating disorders is especially important for people with diabetes.

What are the issues?

Diabetes doesn't *cause* eating disorders but some elements of diabetes management can contribute to what's known as 'disordered eating'. Managing diabetes involves focusing on the control of food and eating. It encourages people to pay close attention to their weight and to the types and amounts of foods they eat, as well as the timing of meals. It can also lead people to viewing some foods as either 'good' or 'bad'.

Having diabetes can make it more difficult to eat 'normally' because food is often eaten in response to blood glucose levels (BGLs) rather than hunger. Needing to eat when you're not hungry, and then having to restrict your food intake at other times, can certainly take away some of the pleasure we usually associate with eating. For some, the hunger and weakness associated with hypoglycaemia (low BGLs) can encourage binge eating.

In addition to the usual methods of weight loss

(eating less or exercising more), people who take insulin to control their diabetes can erroneously use it to lose weight. By reducing their insulin dose, BGLs rise and the excess glucose spills over into the urine. This does lead to weight loss but can be dangerous, increasing the risk of developing complications.

What are the risks?

People with type 1 who suffer from an eating disorder have poorer blood glucose control, a higher risk of having diabetes complications and are at greater risk of death. Hospitalisation for severely low or high BGLs is more common in those with diabetes and an eating disorder, plus there is a higher incidence and earlier onset of diabetes-related problems such as eye, kidney and nerve damage.

Those with type 2 who have disordered eating are more likely to be overweight, have poorer BGL control and a higher risk of cardiovascular complications. ►

How can I tell if I have an eating disorder?

- You have an unhealthy preoccupation with food and weight, beyond what is needed for managing your diabetes.
- You feel anxious about being weighed.
- You restrict your food intake and/or exercise excessively to control your weight.
- You feel out of control with your eating and/or often eat large quantities of food to the point of feeling uncomfortable.
- You feel guilty, embarrassed, disgusted or depressed about eating.
- You miss insulin doses to lose weight.
- You experience frequent hypoglycaemia (low BGLs) due to restricting food intake.
- You experience frequent hyperglycaemia (high BGLs) and possibly hospitalisation for DKA (diabetic ketoacidosis) due to omitting or restricting insulin.
- If you're a teenage girl and your periods never started, are irregular, or stopped.

Where can I go for help?

If you have diabetes and suffer from an eating disorder, you need to seek treatment as soon as possible. People do recover from eating disorders and the sooner you start treatment the shorter the recovery period will be and the lower the chance you have of developing complications.

Speak to your GP or healthcare team who can advise you on where to go for help. This may include a psychologist to help you deal with underlying emotional issues and a dietitian to provide nutrition advice as well as guide you back to eating a varied and well-balanced diet.

WANT MORE INFO?

National Eating Disorders Collaboration, nedc.com.au
Anorexia Nervosa & Related Eating Disorders, anred.com/diab
If Not Dieting, ifnotdieting.com.au

EATING DISORDERS EXPLAINED

Anorexia Nervosa

A persistent restriction of energy (kilojoule) intake, intense fear of gaining weight and disturbance in self-perceived weight or shape.

Binge Eating Disorder

Regular episodes of binge eating without compensatory exercise (or those behaviours associated with Bulimia Nervosa). Many people with Binge Eating Disorder eat when they're not hungry and are overweight or obese.

Bulimia Nervosa

Repeated episodes of binge eating followed by compensatory behaviours such as self-induced vomiting or over-exercising after binge eating. People with bulimia also place an excessive emphasis on body shape or weight in their self-evaluation.

Other Specified Feeding or Eating Disorder

This diagnosis is given to someone who presents with many of the symptoms of other eating disorders but doesn't meet the full criteria for diagnosis of any single disorder. It is the most common form of disordered eating. ■

Feeling great

If keeping your family healthy, happy and feeling their best is a top priority,
here are some wellness ideas to help you make it happen



Stay on top

Don't let pain stop you from doing the things you need to do. We've put together some pain relief ideas to help keep you on the move



GET SPEEDY RELIEF

- Nurofen Zavance is absorbed up to twice as fast* as standard Nurofen. It provides effective relief so it's a great choice when you need relief and you need it fast!
- Helps reduce fever and provide pain relief for headaches, muscular pain, cold and flu symptoms, period pain and more.
- Available in most leading grocery and pharmacy stores.



THE PAIN DRAIN

Trying to get through a busy day when you're in pain is no fun – especially when the kids need you or you're at work. Whether a headache has come on or you're dealing with period pain, it's hard to stay on top of all you need to do when pain strikes and saps your clarity and energy. Thankfully, there are some simple things you can do to help prevent pain and find relief, and keep on top of your game.

TAKE ACTION

If you have a headache, simple breathing exercises may help ease muscle tension (a common headache culprit). Practising good posture can help ward it off in the first

place. If menstrual cramps are causing grief, applying a heat pack to your abdomen can be effective. Eating a healthy diet and cutting down on coffee and alcohol around the time of your period can help too.

*Experiencing a headache?
Try a gentle massage to
soothe the muscles in your
head and neck*





ACUTE PAIN

When you're suffering from acute pain like a backache or migraine, relief can't come soon enough! You should always consult with your doctor on the best course of treatment. You might also want to try Nuromol – its formula helps provide effective relief for acute pain.

THE POWERFUL STUFF

- Nuromol combines the power of two active ingredients, ibuprofen and paracetamol, in one tablet for superior pain relief.*
- Helps relieve acute back and joint pain, headaches and more.
- Provides up to eight hours' relief.
- Now available in pharmacies.



*vs 1000mg of regular paracetamol. Mehlisch, et al 2010 (Sponsored by RB).



FOR YOUR LITTLE ONES

- New Nurofen for Children Soft Chewable Capsules are easy to chew orange-flavoured soft capsules that can be taken without water! A specially designed option for pain and fever relief for children aged 7+.
- Convenient for busy families on-the-go.
- No mess, no fuss.
- Headache, pain and fever relief.
- At most pharmacies and supermarkets.



Good to go

When busy young bodies are feeling under the weather it can be hard on them and hard on you

BUSY BODIES

Children lead busy lives exploring, learning and playing. They don't have time to be sick! But as they grow and their immune systems develop, the common ailments of life can affect them and slow them down. So when your busy bee is clearly not feeling their best, it's good to have a plan to help relieve their pain and fever. And when they feel better, you'll feel better too.

THE BASICS

Kids expend a lot of energy over the course of a normal day and it can catch up with them. Sometimes all they need is rest. Make sure they're getting the basics to keep them fuelled up: plenty of sleep, a balanced diet and plenty of water. While you can't be with them all day, you can remind them to keep up their water intake and keep an eye on their drink bottle.



Pain, pain go away

The first tiny tooth is an exciting milestone in your bub's life.
Help keep them comfortable and happy through the teething years

Teething can be uneventful, but it can also cause some babies discomfort as the new teeth push through the gums. If your baby is agitated and has red gums, flushed cheeks and/or excessive saliva, there's a good chance a tooth is on the way. To soothe sore gums, pop a teething ring in the freezer for a cool, soothing distraction for babies to chew on, and offer them plenty of cool drinks. You can also soothe sore gums by gently rubbing a small amount of Bonjela Teething Gel onto your baby's gums with a clean finger. It brings fast-acting relief to baby's sore gums and Mum's peace of mind, too.

DID YOU KNOW?

*Bonjela Teething Gel
can be used by the
whole family*

TEETHING COMFORT

- Bonjela Teething Gel provides fast, soothing relief from teething. It's sugar-free and colour-free and suitable for babies from four months old. Use only as directed.



MULTI-TASKER

- Gaviscon Dual Action Liquid and Tablets provide lasting relief for heartburn and indigestion in just four minutes.
- Unlike other antacids, Gaviscon not only settles stomach acid, but also forms a protective barrier to prevent stomach acid coming back up the oesophagus (food pipe).



Before

After



Beat the burn

Experiencing heartburn or indigestion can ruin a good time quickly.
Eat with peace of mind and enjoy your guilty pleasures

It's a familiar scene for many of us. We've enjoyed a delicious meal with friends or family, perhaps overindulged a little, then we're soon hit with a bout of heartburn or indigestion. Thankfully, a few simple tweaks can help keep the dreaded feeling at bay. Taking your time to eat slowly can help, as can keeping your weight in check and avoiding fatty, spicy foods.

*It's easy to overindulge
sometimes! Be prepared
and arm yourself
with Gaviscon*

Staring at a computer screen for prolonged periods can leave eyes dry and tired



Bright eyes

You might exercise and watch your diet to stay in shape, but your eyes need looking after too

HARD WORKERS

From a busy day at work to watching the kids, our eyes work hard for us every day. They're our windows to the world and it's important to look after them, but common everyday triggers like long hours at the computer and pollution can take their toll. Get proactive and avoid dry, uncomfortable or tired eyes with some everyday kindness.

DAILY CARE

The eye might be a complex organ but it often doesn't take much to keep your peepers in shape. Even a little care every day can be beneficial. Drinking plenty of water helps keep eyes hydrated and if you work at a computer, it's important to take regular breaks. If your eyes do feel dry or tired, they can easily be treated with a quality eye spray like Optrex ActiMist⁺.



You don't need to put up with dry eyes – relief is just a spray away

RELIEF IN SIGHT

- Optrex ActiMist is the convenient everyday solution for relieving and refreshing dry, tired or uncomfortable eyes⁺.
- ActiMist is applied to closed eyes, so you can use it even if you have make-up on*.
- New Optrex Night Gel Drops help to restore your eyes' moisture while you sleep.
- Specially developed hydrating complex provides lasting protection from discomfort.

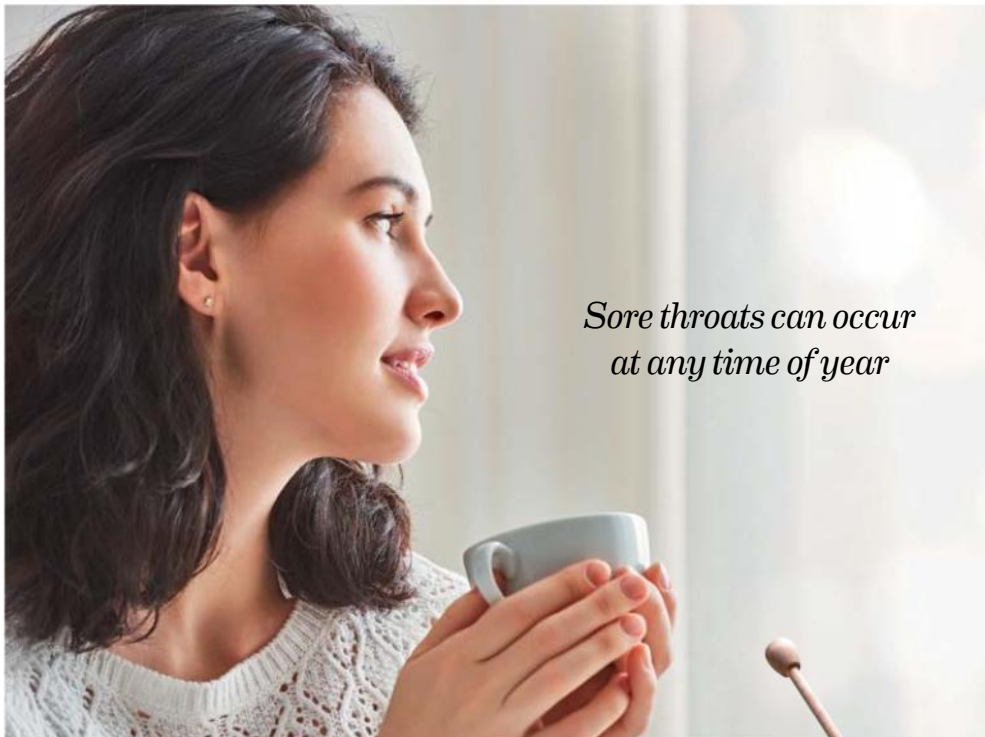


Always read the label. Use only as directed. If symptoms persist, see your healthcare professional.

⁺Dry, tired or irritated eyes due to disturbed lipid layer of the tear film. *When wearing make-up, it is recommended to apply from 20cm. ASMI 27171-1216

Soothe sayer

When you have a sore throat, it can be difficult to focus on much else. Soothe the pain so you can carry on with your day



*Sore throats can occur
at any time of year*

THE CAUSES

Sore throats can occur at any time of year, and are caused by many different factors such as viral or bacterial infections. Most sore throats are not serious. The symptoms will often improve within seven days and can be treated at home. Your GP is the best person to diagnose the cause but whatever the reason, a scratchy, sore throat can be unpleasant. Whatever you can do to help prevent a

sore throat in the first place is a good idea, like avoiding close contact with anyone already infected.

HELP YOURSELF

We all get sick from time to time and if you do come down with a sore throat, natural remedies like warm honey and lemon drinks can help. If that doesn't do the trick, Strepfen's throat spray or medicated lozenges can help provide fast, effective relief.



*From the makers
of Strepsils, the
number one sore
throat brand**.
Available from your
pharmacy*

SPRAY AND SOOTHE

- Strepfen is the only[†] throat spray that provides up to six hours' relief from painful and swollen sore throats.
- From the makers of Strepsils, the number one sore throat brand^{**}.
- Delivers fast and effective pain relief without numbing.



OR TRY THIS...

- Strepfen Intensive medicated lozenges provide up to four hours' relief for sore throats.
- Anti-inflammatory action to help relieve painful swelling and tenderness.
- Available in two flavours: Honey & Lemon and Orange.



Always read the label. Use only as directed. If symptoms persist see your healthcare professional. † Compared with other anti-inflammatory throat sprays.

**Based on Nielsen Scan Data for Combined Grocery & Pharmacy Markets to MAT 21.09.2016. Strepfen contains Flurbiprofen for relief of painful and swollen sore throat. Strepsils contains Amylmetacresol and Dichlorobenzyl Alcohol for the temporary relief from the symptoms/discomfort of sore throats and minor mouth infections.

ASMI 27171-1216



Stuck on your path to a healthy weight? We talked to a neuropsychologist about hidden *barriers we all face* and asked how to break down your roadblocks today

Every morning, you tell yourself this is the day you're going to ditch the excuses. Snack less, move more, start the scales on a downward trend. But every night, you crawl into bed, pull up the covers, and ask yourself what went wrong.

It's like there's an invisible barrier blocking the path to a healthier you.

Dr Diane Robinson, neuropsychologist with the UF Health Cancer Center in the US says you're not imagining that roadblock. Robinson looks at the whole person, focusing on areas that boot camps and crash diets skip: those biological,

emotional and social cues. She focuses on deeply rooted habits that sabotage health. If you've hit a roadblock, her findings may help you.

That blasted biology

Some of our attraction to certain foods can be traced back about 10,000 years, when humans hunted and gathered everything they ate. Back then, survival and reproduction depended on finding high-kilojoule foods that could get you through a harsh drought or a long, cold winter.

Through natural selection, Robinson says, we can still easily pick out certain scents, including rich, sweet foods.

But the challenge now is that agriculture – and convenience stores – means foods like that are available everywhere.

In short, the very skill that helped your ancestors survive could be what's challenging you most now.

Powerful emotions

Most of us want to believe we can handle our feelings. We're grown-ups, right?

Well, yes – but no. There are strong emotional triggers in life – the mother you miss whenever you see peonies, the colleague who shifted the blame, the combative teen in place of that adorable toddler – that can all add up to an urge

HOW TO DECONSTRUCT YOUR ROADBLOCK

Where to begin? First, remember that deep breath. Just by knowing your biological, emotional and social cues, you're off to a good start. Next steps:

PRACTISE MINDFUL EATING

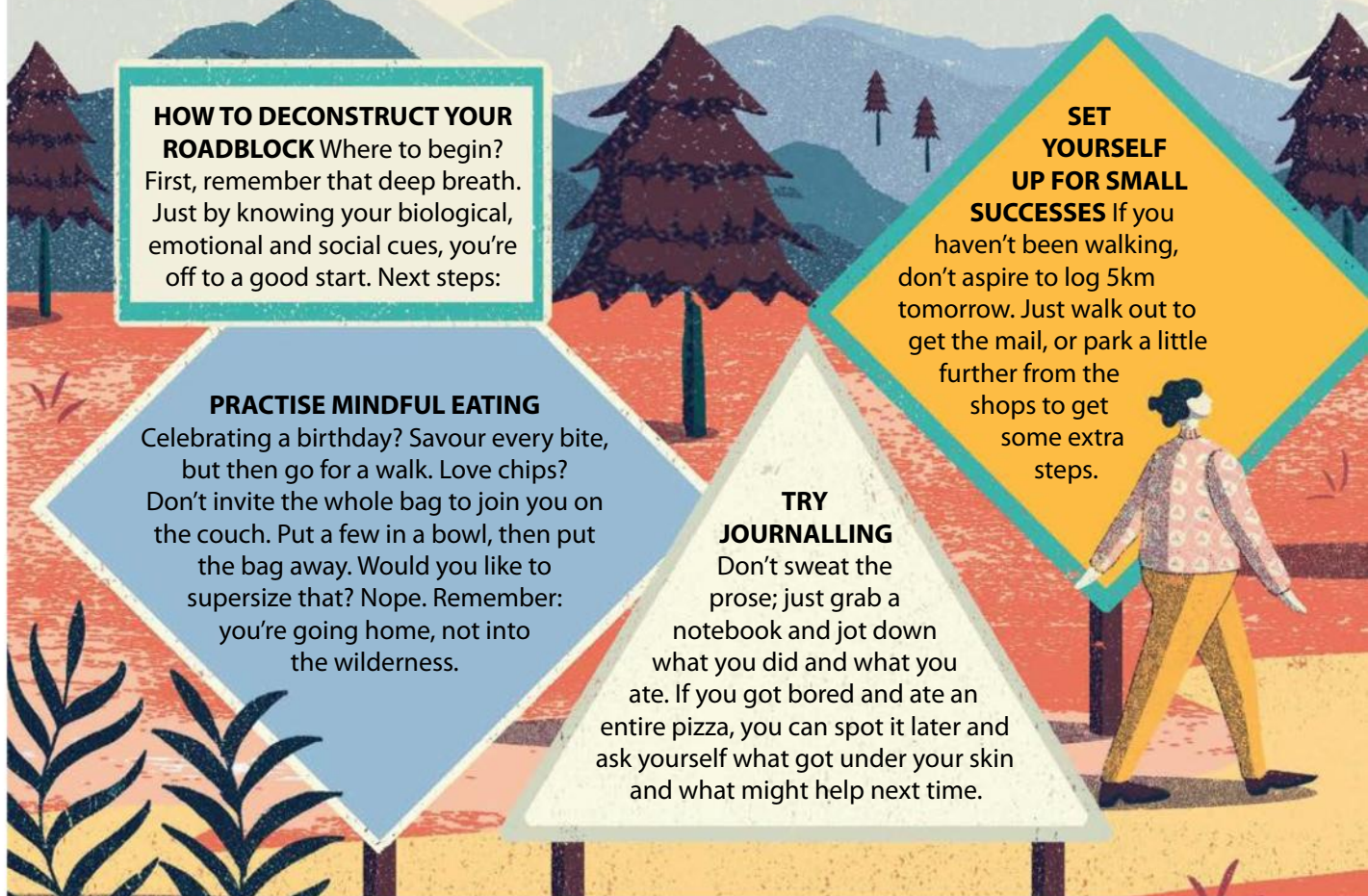
Celebrating a birthday? Savour every bite, but then go for a walk. Love chips? Don't invite the whole bag to join you on the couch. Put a few in a bowl, then put the bag away. Would you like to supersize that? Nope. Remember: you're going home, not into the wilderness.

TRY JOURNALLING

Don't sweat the prose; just grab a notebook and jot down what you did and what you ate. If you got bored and ate an entire pizza, you can spot it later and ask yourself what got under your skin and what might help next time.

SET YOURSELF UP FOR SMALL SUCCESSES

If you haven't been walking, don't aspire to log 5km tomorrow. Just walk out to get the mail, or park a little further from the shops to get some extra steps.



to bake a batch of biscuits – and eat them all.

The truth is, once you can understand the feelings that lurk in that jar of bickies, you can look for healthier ways to soothe yourself.

As a case in point, Robinson describes a veteran who had a longstanding ritual of slipping toffee lollies in his pocket every morning, which was pushing his weight and glucose readings out of range.

During their sessions they talked about alternatives, and he decided to try sugar-free lollies. “But that didn’t really fly,” Robinson says.

Next she asked why he wanted to improve his health.

He talked about playing with his dog and grandkids and the gardening he used to enjoy.

They decided he would place pebbles in his pocket instead. “He still had his ritual. But now, it was pebbles that represented the dog, the grandkids and the garden,” Robinson says.

“He started to respond to something much deeper when he would touch the pebbles. And that worked.”

Social issues

Few of us second-guess cultural cues to eat. Who doesn’t expect cake on their birthday? Then there’s Christmas with its roast

potatoes and stuffing, and pavlova with whipped cream. Our daily norms aren’t much better: lattes with caramel syrup, burgers with fries.

Your family culture can stack your roadblock, too, especially if you snack together. If one person changes, that person can be given a hard time.

Still, Robinson says, “If you can make one small change – just a little thing – once a week, at the end of the year those 52 little changes can add, eventually, up to a tremendous transformation.”

Ready to start? See below.

SHARE YOUR JOURNEY

Post your goal on Facebook, and follow up with photos. Support from friends makes success sweeter. You’ll build confidence.

**RECOGNISE THAT
YOUR ROADBLOCK
IS AS UNIQUE
AS YOU ARE.**

OUT-THINK YOUR BARRIERS

Life coach Meshell Baker lends her advice for pushing past roadblocks:

- **Reframe negative thoughts.** Instead of thinking ‘I can’t,’ ask yourself: ‘How can I make this happen?’
- **Eyes on the prize.** When you see people who have big results you want, ask yourself how can you incorporate a habit to get the result you want.
- **Tempted to eat?** Wait 20 minutes. Those feelings often dissipate.
- **Tried everything?** No, you haven’t. You simply haven’t found what works for you. Keep going. You’ll find your way if you stay with it. ■



CREDIT

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MR & MRS SMITH

BANK

Maxed out your credit cards and short on cash? Here's how to have a *healthy relationship* with your finances

BREAKING UP IS HARD TO DO

Now that the summer holidays are over, you might be feeling the pinch of credit card debt and back-to-school expenses. You're not alone. According to the latest ME Bank Household Financial Comfort Report, about 90 per cent of Aussies say they suffer financial stress and 10 per cent worry they won't be able to meet their debt repayments in the next year. And having diabetes can increase the strain as constant healthcare costs cause additional financial pressure. But there is a way forward.

By being savvy about spending and saving, you can minimise money blips and make every dollar you have work harder for you.



"If you're feeling overwhelmed by your finances, creating a budget can help you sort out your money priorities and get you off the treadmill of living from one payday to the next," says Miles Larbey, senior executive leader of Financial Literacy at the Australian Securities and Investments Commission (ASIC). He suggests these budgeting basics:

Make a budget Prioritise your payments for each week or month. For example, rent/mortgage, utilities, grocery bills, transport costs, and so on.

Track spending Check your bank statements and note cash sales – such as for your morning coffee or spontaneous spending – to see where your money is going. "It's often the everyday items

that end up costing more than you expect," says Larbey. "Work out where you can cut costs – for example, by brown-bagging your lunch instead of buying it."

Include all financial outgoings

Don't forget extras like diabetes supplies, entertainment and other miscellaneous buys.

Redirect extra cash to:

- Pay off debt – move your credit card balance to a personal loan to bring down the interest and repay the amount quicker.
- Make extra repayments on your home loan.
- A high-interest savings account.
- An investment portfolio.
- Your super fund.

Minimise bank fees by:

- Setting up direct debits for regular payments.
- Paying bills on time to avoid unnecessary late fees.
- Withdrawing cash from only your bank's ATM.
- Find financial institutions that offer basic bank accounts with no account keeping or overdrawn fees and no minimum deposit amounts. Check the Australian Bankers' Association website at affordablebanking.info for details.



Want to have a regular holiday or plan your retirement without stressing about the cost? These bestselling books by self-help and financial gurus will instantly upskill your money management.

Money:
Master the Game, by Tony Robbins
(Simon and Schuster, \$39.99)

Get Rich Carefully,
by Jim Cramer
(Plume Books, \$22)

The Total Money Makeover, by Dave Ramsey
(Thomas Nelson, \$24.99)

Think and Grow Rich, by Napoleon Hill
(Penguin Books, \$32.99) ➤

SLASH YOUR SPEND



To cut your weekly outgoings, aim to set yourself healthier spending habits. Try these:

Morning coffee Invest in a coffee machine and enjoy a top-quality beverage in the comfort of your own home. Or take it with you in a thermo-lined coffee cup.

Work transport Car pool with colleagues and friends to save on petrol, use public transport or cycle to work.

Making phone calls Use the landline as much as you can to slash your mobile phone bill. Sign up for a phone bundle that covers internet costs and offers cheaper calls from home.

At the cinema Most cinemas offer half-price tickets on one night of the week (usually a Monday or Tuesday), so take advantage of this. If you love a snack at the cinema, take your own homemade popcorn and drinks.

Grocery shopping Choose no-frills supermarket brands for basic items. Join a collective and buy your vegetables from wholesalers or buy non-perishable

items in bulk so you can split them between friends and relatives.

Buying wine Join a wine club that offers discounts, or buy by the case as this works out to be a cheaper price for each bottle, then split with friends.

In the bathroom Opt for a shower over a bath to save on water, and keep showers short – a shower timer is a useful gadget.

Spring-cleaning smarts Sell unwanted items on eBay or hold a garage sale or market stall with friends.

Buying clothes Check out vintage op shops or buy online. Where possible, opt for quality classics over ‘fast fashion’ items as these will stand you in much better stead over the long-term. Good-quality shoes can be repaired by a bootmaker instead of thrown out.

Around the house Larbey’s simple money-saving strategies include:

- Turning off appliances at power points when you’re not using them.
- Shopping around for a better deal with your utility providers.
- Using energy-efficient light bulbs.
- Checking the energy rating of new appliances to find the most efficient one to save on electricity bills.
- Fixing leaking taps, dishwashers or washing machines to avoid extra costs on your water bill.

“CREATING A BUDGET can help you get off the treadmill of living from one payday to the next”

BECOME A MONEY MAGNET



Earn extra dosh with these DIY and online marketplace opportunities (which charge a small service fee):

- **Airtasker** Sign up with this online Australian community and bid to do jobs like cleaning, assembling kit furniture, web design – you’ll be surprised what your skills are worth.
- **Airbnb** Stay with family or friends on intermittent weekends while someone seeking accommodation in your area moves into your home. The Host Guarantee provides protection of up to \$1,000,000 in damages should guest damages occur to your property.
- **Uber** Use your car as a personal taxi. You decide when and how long you want to drive as well as how much you think is fair to charge. The company’s app provides turn-by-turn directions to your rider’s pick-up location.
- **Offer local services** Babysit, walk the dog or cook meals in your neighbourhood to earn extra cash.

TOP 5 MONEY APPS



These are free or have free versions – do an App Store search and download:

1 ASIC's Money Smart TrackMyGOALS helps you cultivate good saving habits.

2 ASIC's Money Smart TrackMySPEND to help record your expenses on the go.

3 Expensify This app keeps you 'tax ready' all year long. It allows you to scan receipts and track other expenses, pulling out useful information like the date, time and the amount spent, and logging the information in special files.

4 Goodbudget Using the old-school method of managing your money in envelopes, this app tracks expenses in digital envelopes. At a glance you can see how each envelope is tracking.

5 Pocketbook Sync this budgeting app with your bank account, credit card and loans and it categorises your transactions, tells you where you're being charged fees and lets you know how much you have left over as discretionary income. It also offers balance charts to get the big picture of your incomings and outgoings.



Money for jam!

DIABETES ON A BUDGET



To help reduce the regular costs of diabetes supplies and healthcare, consider:

Generic brands Reduce the cost of prescription medications.

The National Diabetes Services Scheme (NDSS) "Register with NDSS so that your consumables for checking blood glucose and giving insulin are subsidised," says Jane Overland, diabetes nurse practitioner from the Diabetes Centre at Royal Prince Alfred Hospital. Visit ndss.com.au

Enhanced Primary Care (EPA) Plans "Your GP can do a management plan then go on to do a team care arrangement so you can get five Medicare subsidised allied health services with practitioners such as a diabetes educator, dietitian, or podiatrist," says Overland.

Feeling overwhelmed?

"Medicare can provide you with a reimbursement for much of the fee for 10 visits to a mental health care professional such as a psychologist," says Overland.

Medicare rebates These are available for doctor's visits, and costs like dietitian fees if your doctor refers you. Your private health insurance may also offer a rebate if it's in your plan.

Immediate refunds Register for on-the-spot claims with Medicare's Easyclaim system and your private health insurance provider (which may use a system like HICAPS).

Tax relief Keep your receipts as you can claim for all out-of-pocket expenses, including gaps for medical consultations, operations, private scripts and equipment. You can also claim for hypo treatments.

Carer's support If you're unable to work because you're caring for someone with diabetes, you may be entitled to a government payment. Check with the Department of Human Services payment finder at humanservices.gov.au ■



“I DON'T LET
MY DIABETES
*slow me
down*”

For extreme sportsman *Andrew Baker, 40*, there's nothing better than being out in the bush with a compass and his own smarts

So Andrew, you're sporty in an extreme sports kind of way?

Yes, I enjoy outdoor endurance events. I prefer sports that get me out in the bush, but I have completed an Ironman Triathlon, which is a 3.8km swim, 180km bike ride and 42.2km run. I've also competed in a lot of multi-sports events like the Upper Murray Challenge.

Once, on a non-stop 13-leg adventure race in the Flinders Ranges, my team did treks, mountain bike rides and a paddle over nearly seven days on just 15 hours of sleep. But the sport I'm really keen on is rogaining. This is where you head out into the bush in teams of two to five with a compass and a map with checkpoints all over it. I'm president of the Victorian Rogaining Association and I won the state Championships in 2012, 2013 and 2016.

How do you manage your type 1 during these events?

With this level of exercise you get to the point where you don't want to eat anything, but I try to eat something small every hour or so.

I pack different foods so I have lots of choice: fruit buns, Anzac biscuits, cheese and Vegemite sandwiches, mini chocolate bars and energy gels. There's fruit and water at most of the checkpoints so a banana or apple is also really good.

Because I'm constantly eating small amounts rather than big carb-heavy meals, I usually don't need any insulin during the event. I reduce the amount of insulin I normally take in the morning, given the amount I'll be exercising, but not too much as this is the only insulin I plan to be taking on board.



MY STORY *type 1*

ACTION MAN

Andrew doesn't let diabetes get in the way of his love of extreme sports.

How often do you test your blood glucose levels?

I keep my blood test machine and insulin in the top of my backpack and check how I'm going every two or three hours. When I'm low, it affects my concentration and my vision goes funny. It's a bit of a giveaway when I start staring at the map and taking a few seconds to get my head around it. If I get a bit high I just have an adjustment injection of insulin. I try not to let it slow me down too much.

Have you always managed good control during your sporting efforts?

No, but I've learned from my mistakes. I had terrible diabetes control during my first Upper Murray Challenge, which involves a 38km mountain bike ride, 26km river paddle and 25km run over a mountain summit.

I was stuffing around with my bike before the event and ran out of time to do a blood test before I started. I did a test in the middle of the race. The reading was 24.5 and I still had five hours of hard exercise to go.

To cut a long story short, I cramped badly but managed to finish the race. I ate as much as I could after finishing but later

that evening I found myself stumbling around a motel room with a blood sugar reading of 2.0. Not good.

A year later I did the same event with a much better idea of how to control my diabetes. I gave myself a correction injection before the start, kept my levels from fluctuating wildly and was more careful to keep eating after the event. Diabetes management on race day requires a lot of thought.

When were you diagnosed with type 1?

When I was nine, my mum noticed that I was going to the toilet a lot. I was always thirsty and had a yucky taste in my mouth. Mum had read something about diabetes so she took me to the doctor. My blood glucose level was 17.

I went straight onto twice-daily insulin injections. I just accepted it. I don't remember it being very difficult to manage, but luckily I never had to do injections at school.

The worst hypos I had as a kid were overnight. I'd wake up wondering what was going on. Mum and Dad would be trying to get me to suck on a spoon of honey. Apparently I'd been thrashing around.

I don't remember it having any major impact though. I'd still run out and play cricket and football with friends after school. It didn't take me long to work out I needed to eat something first.

Have you met other people with diabetes who are into extreme sports?

About five years ago I joined the HypoActive support group, which has been great. I tend to have a suck-it-and-see approach to my diabetes, so if something doesn't work I try something else until I come up with a system that works for me.

The group made me aware of how much blood sugar can affect performance. It's interesting hearing stories from people who know exactly where they need their blood sugar levels to be for optimal performance. My attitude was that if I didn't have a hypo I'd done pretty well! ■

Have diabetes and want to share your story?

Email diabeticliving@pacificmags.com.au or write to *Diabetic Living*, My Story, GPO Box 7805, Sydney, NSW 2001.

On *target*

Whether you're new to checking your blood glucose levels or just need a refresher, **DL diabetes educator Kate Marsh** explains the why, when, what and how of self-monitoring



Checking your blood glucose levels (BGLs) can seem a little daunting. But keeping your levels within a specific

target range is an important part of managing your diabetes. Regular monitoring helps you to stay in control and on track.



Why do I need to check my BGLs?

Monitoring your

BGLs means you can:

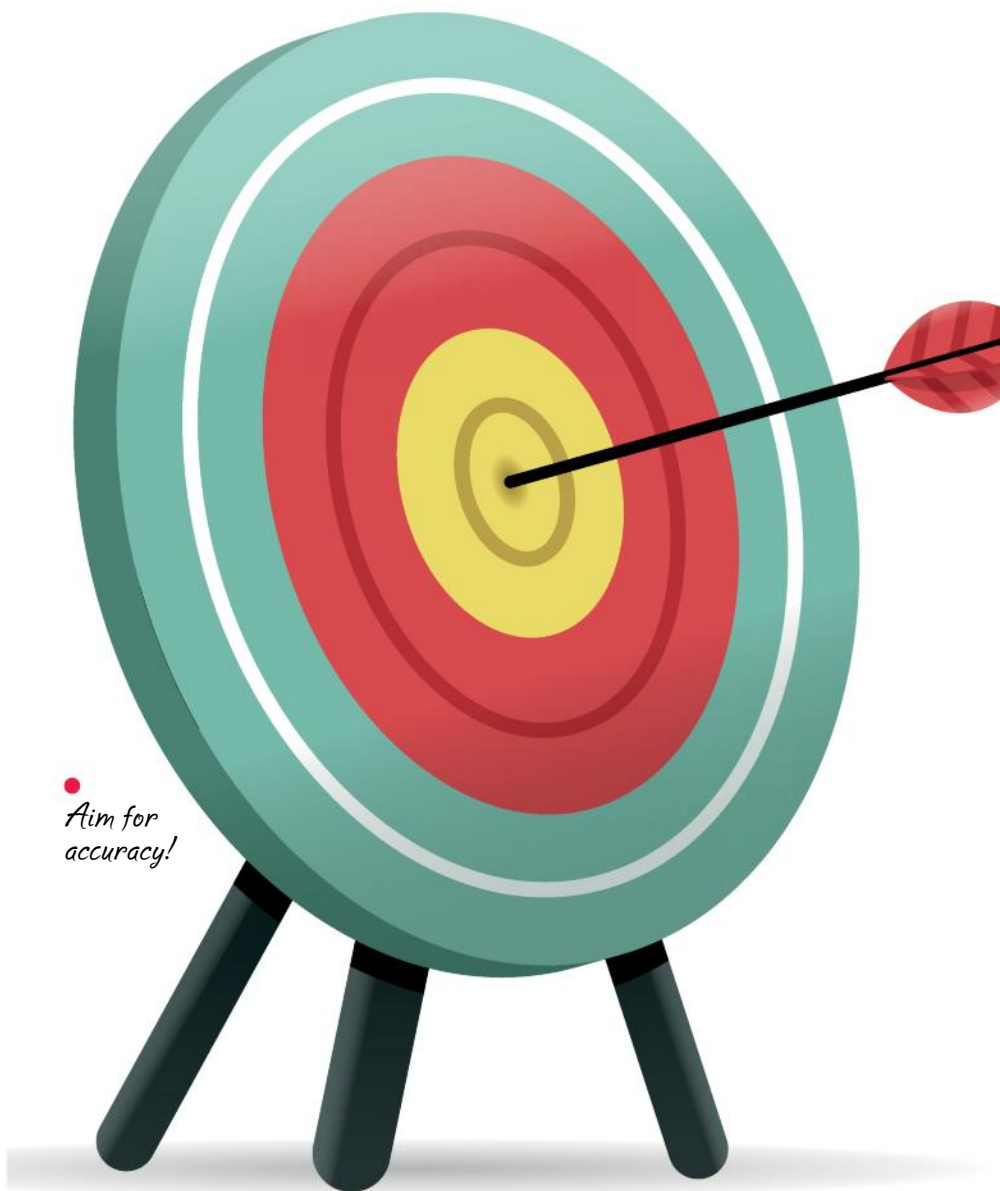
- See if your levels are in the target range or if they're too high or too low.
- Get a better understanding of how different foods, exercise, stress and illness affect your BGLs.
- Know when you need to speak with your healthcare team to adjust your care plan.



When and how often should I check?

This will depend on the type of diabetes you have and how you're managing it – for example, with multiple insulin injections, insulin pumps, tablets, diet and exercise. Your diabetes management has an effect, so it's best to discuss this with your doctor or diabetes educator. In general though, the best times to check are:

- If you have type 1 or insulin-treated type 2 diabetes: before each meal, before bed and



Aim for accuracy!

occasionally overnight (2am to 3am), particularly if you've experienced overnight hypos.

- If you have non-insulin-treated type 2 diabetes: before breakfast (fasting) and two hours after any meal (from the start of the meal).

It's also good to check more regularly when you are:

- Unwell or under a lot of stress.
- Experiencing symptoms of high or low BGLs.
- Changing your routine, such as travelling or going on holiday.

- Making changes to your diabetes management plan, such as altering your diet, activity levels or medication.
- Driving – if you take insulin or medication that causes hypos you should check before you drive and every few hours during long-distance driving. Only drive when your levels are above 5mmol/L.

If you're not taking medication that causes hypos and your BGLs are stable then you may not need to monitor at all. It's only useful to monitor if it's helping you in the day-to-day management of your diabetes. A short period of structured monitoring – before and after meals – is usually more helpful than just checking fasting readings every day.



What should I aim for?

The target BGL range for people with diabetes differs depending on a number of factors, including your age, how long you've had diabetes, the type of diabetes medication you take and any other medical problems you might have. If you're not taking medication that can cause hypos, you may be able to aim for lower levels, similar to a person without diabetes. It's important to speak with your doctor about your own personal targets, but Diabetes Australia recommends the following general targets:

- If you have type 1 diabetes: 4–8mmol/L before meals and under 10mmol/L two hours after starting meals.

- If you have type 2 diabetes: 6–8mmol/L before meals and 6–10mmol/L two hours after starting meals.



What if my reading is very high or too low?

If you go out to dinner, have a very stressful or inactive day or are unwell, you may get a high reading. This is often nothing to worry about but consistent high readings can increase your risk of complications and are a sign that you need to review your diabetes management plan. You should also see your doctor if you have frequent low BGLs (below 4mmol/L).



How do I check my BGLs?

You'll need a blood glucose meter, a finger-pricking (lancet) device with lancets and test strips. There are many different meters available so talk to your diabetes educator about which one might be best for you. They may be able to give you one for free, or you can buy a meter at pharmacies or through Diabetes Australia. You'll also need to register for the NDSS (National Diabetes Services Scheme) – this is a Government subsidy that allows you to buy strips at a discounted rate.

Make sure it's ACCURATE

- It's important to wash hands before monitoring as anything on your fingers can affect results.
- If a meter needs coding, check that the machine is calibrated for the bottle/box of strips you're using.
- Check the strips are within their expiry date.
- For strips that come in a vial, replace the lid as soon as you take out a new strip as air and moisture can affect the accuracy.

Your diabetes educator can help set up your meter and show you how to use it, but for the majority of meters, you'll need to:

- Remove a test strip from the vial or foil packet and insert it into the meter, which will turn on and give you a message that it's ready to go.
- After washing and drying your hands, prick your finger and apply a drop of blood to the test strip.
- Within five to 10 seconds, the meter will tell you your reading. You can record this in a record book, or your meter can usually keep a history of your readings with times and dates.
- Used strips can be placed in the rubbish bin but lancets should be disposed of in a sharps container. ■

5 tips for pain-free monitoring

1. Hands should be clean, dry and warm.
2. Use the side of your fingertip, not the tip.
3. Choose the right depth setting on your lancet device

- the shallowest setting that gives you enough blood.
4. Use a different finger each time and use both sides of the fingertip.

5. Change your lancets regularly – they are designed for single use and will become increasingly blunt with each use.

GO GADGETS



There are heaps of products on the market that make living with diabetes easier, but which to choose? *DL* diabetes educator Dr Kate Marsh has done the hard work for you and rounded up some brilliant buys. Check these out...

Injection AIDS

MEMORY HELPERS

\$52 to \$65

If you can't always remember whether you've performed your injection, the **Timesulin Smart Timer** or **InsulCheck** are for you. These devices fit on a number of different insulin pens, replacing the usual cap and turning it into a 'smart' pen, which will show how much time has passed since your last injection. The **Timesulin Smart Timer** is available for the Sanofi

SoloStar, Novo Nordisk FlexPens and Lilly KwikPen, while the **InsulCheck** is available for the ClikSTAR or NovoPen4 insulin pens.

MAKES INJECTIONS

EASIER 2 pack \$22; 10 pack

\$90 Applied with a virtually painless insertion, leaving a soft cannula under the skin, the **Medtronic i-Port Advance** allows you to inject through the cannula rather than directly into your skin, multiple times. Consult your healthcare professional before using this device.



Pump BELTS

A challenge for insulin pump users is working out where to 'wear' their pump. It can be clipped to a waistband or tucked into a pocket, but if you're wearing a dress or going for a run, it's not so easy. That's why we love these beaut belts...



THE EXERCISE AND TRAVEL

COMPANION \$30

The **SPIbelt (1)** (Small Personal Item belt) can be worn comfortably over clothes. Not just for pump users, it lies completely flat when empty and expands to hold items such as your pump, test strips, blood glucose meter, jellybeans to treat hypos etc.

THE COMFY OPTION

\$30
The Comfy-pump Insulin Pump Belt

(2) can be worn under clothes. With three to six pockets (depending on size), you can carry your pump and other items. It comes in a variety of sizes and colours. There's also an Ezy-view style, which has a mesh-viewing panel.

FOR DRESSY OCCASIONS

\$33
Wondering where to put your pump if you're wearing something short? The **Animas Thigh-Thing**, which comes in black or white, enables you to secure your pump to your underwear and works perfectly under short dresses and skirts, and shorts, of course.



Travel PACKS

Whether you're travelling with diabetes or just need a way to carry your day-to-day supplies, one challenge can be keeping everything protected from damage and temperature extremes. Fortunately, there's an option for every occasion.

KEEP IT COOL \$42 to \$60

Frio Travel Wallets are designed to keep insulin and other medications protected from temperature extremes. Light and compact, they are activated by cold water, without the need for refrigeration or icepacks. Available in a variety of sizes to hold vials/cartridges or two to eight insulin pens, you can choose your colour – black, blue, red, green and purple. There's also a **Frio Pump Wallet** to keep your pump and insulin protected when travelling, working or exercising in extreme temperatures.

STYLISH \$60

The **Myabetic Banting Diabetes Supply Wallet** is a soft genuine-leather case

designed to fit all diabetes supplies, including a blood glucose meter and testing equipment, insulin pens, pump infusion sets and hypo treatments. It has a removable waste pouch for used strips and comes in black, pink or purple.

KID-FRIENDLY \$72 to \$80

The **Kids' Myabetic Diabetes Cases** are designed to keep all of your child's diabetes supplies in one place. They come in a variety of designs including a heart-shaped love bug (3), dog, dinosaur, monkey and a cat (4), with optional, detachable shoulder straps.

A PLACE FOR EVERYTHING

\$50 for Ezy-fit and \$70 for Multi-fit
These Diabetes-ezy cases are

designed for insulin users to store all of their daily diabetes needs in the one place. The **Ezy-fit Case** comes in metallic blue, lime green and watermelon pink and is made of an outer durable, easy-to-clean hardshell material with inside pockets and compartments for housing your meter, strips, lancet device, two insulin pens, spare pen needles and lancets, test wipes, a record book and pen. There's even a compartment for rubbish. The **Multi-fit Case** (5) has a second compartment to carry insulin pump consumables, spare batteries, food for hypo treatment, a GlucaGen HypoKit, other medications and even money and credit cards. It's available in black or red, with a lanyard-style handle.

Test WIPES

Having clean hands when you check your blood sugar levels (BGLs) is important for accurate results, but can be tricky when you're out. These alcohol-free antiseptic wipes both come in a small dispenser that will fit into your diabetes case or handbag.

DIABETE-EZY TEST-WIPES

Starter Pack, \$10 – four boxes of 25 wipes, plus dispenser.
Refill Pack, \$14 – eight boxes of 25 wipes.

DIA-WIPE FINGER WIPES

Starter Pack, \$10 – five packs of 30 wipes, plus dispenser.
Refill Pack, \$13 – 10 packs of 30 wipes.



WHERE TO FIND

State/territory branches of Diabetes Australia. Start at: diabetesaustralia.com.au
Diabetes-ezy diabetes-ezy.com
Timesulin timesulin.com
One&2 Diabetes Accessories

oneand2.com.au
Medtronic Accessories
eshop.medtronic-diabetes.com.au
AMSL Diabetes
amsldiabetes.com.au ■

Love your Heels & Legs

Leg Care Cream

- Restores dry legs
- Refreshes tired legs
- Relieves hot legs

Heel Balm

- Quick Absorption
- No need for socks
- No need for foot files



Diabetes Skincare Tips

- Use a natural moisturiser daily
- Prevent dry, itchy skin
- Check your feet regularly
- Don't walk in bare feet
- Don't use physical abrasion

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NATURAL FOOTCARE

at pharmacies nationally
www.NS8.com.au • info: 1300 366 833

Caring for your FEET & LEGS

Sore feet and leg problems? Here are some *common causes* and how you can treat them

It's easy to take your feet and legs for granted but paying these hard-working body parts some attention is worth the trouble. Having diabetes puts you at risk of foot and leg woes due to blood glucose-related changes in the nervous system and circulation. Here's how to avoid some of the common problems.

Happy FEET

Ingrown toenails Cutting into the corners of your toenails can leave a nail spike, which may grow into the skin, causing pain, swelling and infection, so always trim nails straight across.

✚ "If you have any signs of infection, avoid 'bathroom surgery' and instead see a podiatrist, who has the right tools to remove the infected nail," advises Dr Tegan Barthelson, senior podiatrist at Sydney's South East Podiatry.

Fungal infections Two types of common fungal infections that can affect your feet are athlete's foot, which causes redness, itching, peeling and blisters, and fungal nail infections that can cause thickened or painful nails.

✚ "Sometimes you can come into contact with a fungus that thrives

inside your shoes, as it loves warm, moist conditions," says DL podiatrist Danielle Veldhoen. It responds well to over-the-counter creams, but in severe cases, antifungal tablets may be needed. "For fungal nail infections, daily application of tea tree oil can help," adds Barthelson.

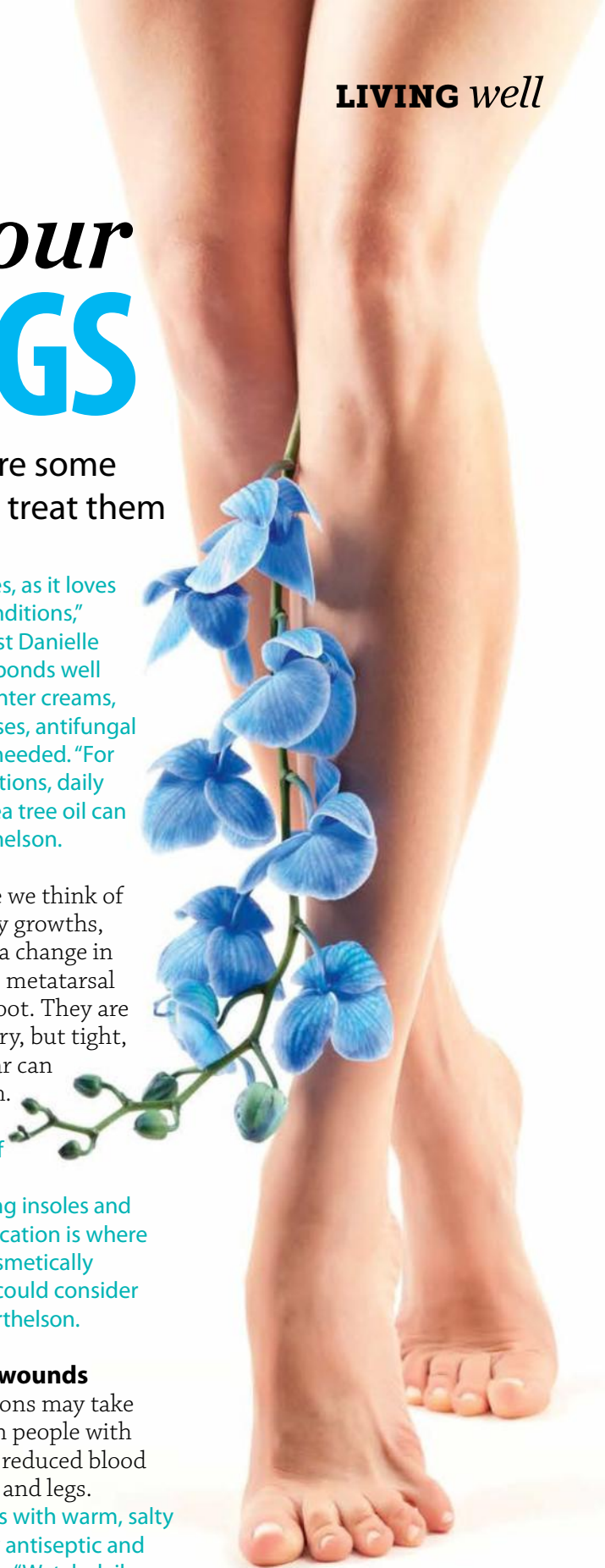
Bunions While we think of bunions as bony growths, they are due to a change in the angle of the metatarsal bones of your foot. They are largely hereditary, but tight, narrow footwear can exacerbate them.

✚ "Depending on the severity of your bunions, pressure-relieving insoles and footwear modification is where to start. If it's cosmetically important, you could consider surgery," says Barthelson.

Slow-healing wounds

Cuts and abrasions may take longer to heal in people with diabetes due to reduced blood flow to the feet and legs.

✚ Clean wounds with warm, salty water and apply antiseptic and a sticking plaster. "Watch daily for signs of redness or infection and see your doctor if you ➤



BROUGHT
TO YOU BY





need antibiotics," says Barthelson. Sometimes peripheral arterial disease (poor circulation due to narrowed blood vessels) may be a factor. "A vascular surgeon will be able to assess the blood flow in the legs and whether it can be improved by surgery," adds Matthew Malone, Head of Department for Podiatric Medicine at Liverpool Hospital, Sydney.

Plantar fasciitis

Caused by a strain of the ligament that supports the foot arch, symptoms of plantar fasciitis are heel pain and swelling. Having high arches or flat feet, being overweight, spending a lot of time on your feet and poor footwear are risk factors.

✚ "It requires a combination of treatments such as anti-inflammatories, rest, ice,

compression, massage and improved footwear," advises Veldhoen.

Corns and calluses

Caused by poorly-fitting shoes, corns and calluses are hard, thickened areas of skin that can turn into pressure sores if left untreated.

✚ "See your podiatrist, who has sterile instruments to painlessly remove corns and calluses, and can tell you how to prevent them," advises Barthelson. "Self-treatment with corn pads or razor blades is a big no-no as this can lead to infection."

Swollen feet and ankles

There are numerous issues that may cause swollen feet and ankles, from gravitational oedema (where fluid drops to your ankles when you stand), to medications that cause fluid retention, to arthritis or potentially your heart not pumping as well as it should.

✚ "Staying fit and active will help reduce some of the swelling, but the first port of call is your GP," says Malone.

Daily foot care

If you have diabetes, you need to be vigilant about your feet. These simple foot-care rituals can help prevent complications

KEEP 'EM CLEAN

Wash your feet daily and dry thoroughly between the toes.

INSPECT DAILY

If you can't reach your feet, use a mirror or ask a family member or friend to help you. "Look for cuts, redness, swelling, abrasions or anything that looks abnormal," says Barthelson. If you find anything of concern, see your podiatrist or GP.

MOISTURISE DAILY

Your feet will appreciate a regular massage with a product such as Plunkett's NS-8 Leg Care Cream or NS-8 Heel Balm Complex. Rub it in well. To help avoid fungal infections, don't apply the cream between your toes.

SHOE CHECK

Look and feel inside your shoes daily for things like pebbles or torn insoles that could lead

to corns, calluses, blisters or even ulceration. Choosing comfortable, well-fitting shoes is important. "A sports store can measure your feet properly and offer a range of runners and diabetic-friendly, seam-free shoes," advises Barthelson.

Please note: Be sure to have a foot assessment performed by a member of your healthcare team at least once a year.

Lovely LEGS

Varicose veins They can be a cosmetic issue for some people, but they can also be painful and, in some cases, are linked with the development of ulcers, which is a concern for people with diabetes.

✚ "Treatment depends on which vein is causing the trouble, and may involve surgery, endovenous ablation (where a laser probe blocks off any abnormal veins), or sclerotherapy, which is injection treatment of the veins," explains Professor Robert Fitridge, Professor of Vascular Surgery

“Check your feet daily for cuts, redness, swelling or abrasions”

at the University of Adelaide and Head of Vascular Surgery at the Queen Elizabeth Hospital.

Peripheral neuropathy

Chronically high blood sugar can damage nerves, leading to a loss of sensation, numbness or pain in the legs and feet (called peripheral neuropathy). Pins and needles in the feet, pain in the legs at night and numb toes are warning signs, as is dry, dehydrated skin.

✚ “Unfortunately, damage to nerves is largely irreversible, so the only treatment is having good blood glucose management to prevent further damage,” says Malone. Checking feet daily is crucial so that any cuts and sores that may not be felt don’t go undetected.

Sciatica

This can be felt as pain or numbness along the sciatic nerve, which branches from the lower back through the hips, buttocks and down the legs. Sciatica typically affects one side of the body and can be due to a herniated disc, bone spur or narrowing of the spine, compressing the nerve.

✚ “If pain is the main symptom, usually bed rest and anti-inflammatories will help, but if there’s power loss, that’s an urgent problem and usually requires an MRI to see if there’s a disc rupture or prolapse,” says Fitridge.

Deep vein thrombosis (DVT)

DVT refers to a blood clot in the veins of the leg, and symptoms can include pain, tenderness and

swelling. “Certain operations can put you at risk of DVT, such as abdominal, pelvic or leg procedures,” says Fitridge. It can also occur in people who’ve been sedentary for long periods or after a long-haul flight.

✚ “It’s treated with blood thinning medications,” explains Fitridge. Seek medical help immediately to reduce the risk of the clot breaking free and causing a pulmonary embolism.

Puffiness and swelling

Puffy legs can be due to a number of factors, and it’s best to see your GP.

✚ “Some people need compression stockings, but it’s important to see a health professional before you buy off the shelf as you don’t want to restrict the blood flow further,” advises Malone.

Muscle aches and pains

Occasional aches and pains are common and may benefit from gentle stretching and magnesium supplements. But if you get cramping, particularly in the calves when you’re walking (called intermittent claudication), it may indicate insufficient blood flow, potentially due to peripheral artery disease.

✚ “We use an ultrasound to assess blood flow in the feet, and if an abnormality is detected, we’d refer you to a vascular specialist – a stent is then often the main treatment,” says Barthelson. ■

FOR SOFT SILKY LEGS

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Feel BETTER IN 5

When it comes to your health, be ahead of the game – your body will *thank you!*



1 Eat more brain food

Healthy eating is good for the mind as well as the body. Keep your grey matter in top condition by trying DL dietitian Kate Marsh's brain-boosting favourites:

1 Oily fish and seafood are the richest source of omega-3 fats, thought to reduce inflammation and promote the growth of brain cells and improve cognitive function.

2 Fruit and veg, particularly dark green leafy vegetables

and colourful produce such as berries, grapes, broccoli, tomatoes and spinach, are rich in antioxidants which may protect against oxidative damage in the brain.

3 Nuts are a rich source of vitamin E which can help slow the progress of Alzheimer's. Almonds, hazelnuts and pine nuts are particularly high in this brain-protecting vitamin, so add some to your snack pack today.

4 Legumes such as lentils, chickpeas and dried beans, as well as nuts and whole grains, have been shown to boost cognitive function in people who consume them regularly.

5 Berries A Harvard study of more than 16,000 women over age 70 found those who

ate the most blueberries and strawberries had a slower rate of memory decline. 'Remember' to add them to the shopping list!





Regular STRETCHING helps you stay flexible



Let's talk about sex

Is diabetes messing with your time between the sheets?

If you feel like your love life has stalled you're not alone. Studies show that between 35 and 75 per cent of men with diabetes experience a degree of erectile dysfunction, even when their diabetes is under control.

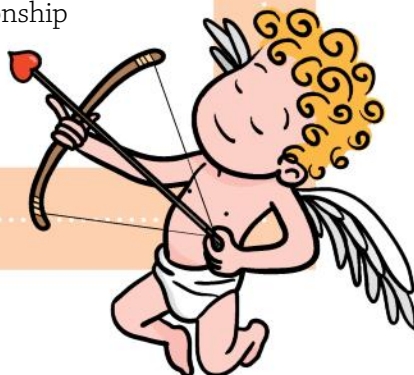
What causes it?

Sometimes what's in your bathroom cabinet can be the culprit. Medications for blood pressure, pain and antidepressants can affect your performance in the bedroom. "Diabetes, high cholesterol, high blood pressure and obesity are usually present with erectile dysfunction," says DL GP Dr Gary Deed. "Men with diabetes can have trouble because the blood vessels and nerves that control erections may be damaged. This means that even if you have the desire to have sex, you may not be able to achieve a firm erection."

How can it be treated?

Work with your GP to monitor and maintain your blood glucose control. "Equally, manage elevated blood pressure and cholesterol by asking for medications that have fewer effects on erectile performance," says Dr Deed.

Medications, devices and implants are available, and counselling is recommended, especially if you feel your relationship is suffering. See your doctor or call MensLine Australia on 1300 78 99 78.



Roll call

Feeling in need of a stretch? Try these foam roller exercises.

When muscles are inactive or put under repetitive motion, they can form painful knots. A foam roller helps break down adhesions and increase blood flow, says fitness expert Ashley Borden.

NOTE: For all these exercises, position the roller so the ends face out from the sides of your body (see pic, above).

Quadriceps: Lie facedown, resting on forearms with roller under thighs, legs extended. Keeping head in line with spine, crawl forward until roller is just above the kneecaps. Reverse.

Calves: Lie on back with roller under left calf, arms under head. Cross right ankle over left shin. Roll left leg side to side on top of roller 10 times. Slide roller slightly up calf and repeat exercise until you reach top of calf. Switch legs; repeat.

Upper back: Lie on back with roller under shoulderblades, feet flat on floor. Interlock hands behind head (see pic, above). Engage core and lift hips slightly off floor. Push into feet and slowly roll the roller from your shoulderblades to top of shoulders.

4

Move it baby

Think about what you love, start doing it – and repeat!

The key to moving regularly is to enjoy the activity, says Dr Rachel Carlton Abrams, author of *Bodywise* (Bluebird, \$29.99). She suggests asking these questions when choosing an exercise.

What do you like to do? If it's fun you're more likely to stick with it. Invite friends for a walk, or join a Zumba class if you love music and dancing.

What are your current limitations?

Injury is one of the most common obstacles to activity, so find something that uses another body part. For example, if you have a bad shoulder, consider walking. Painful knees? Swimming may be a better choice.

How can activity become part of daily life? Walking at lunch or when you drop off the kids for lessons or practice.

What's a good starting point? Begin with reasonable expectations, such as walking once a week, rather than setting bigger goals that might lead to procrastination.

What are your fitness goals?

Think about your specific health issues: moderate aerobic exercise for 40 minutes, three times a week, is good for diabetes prevention.

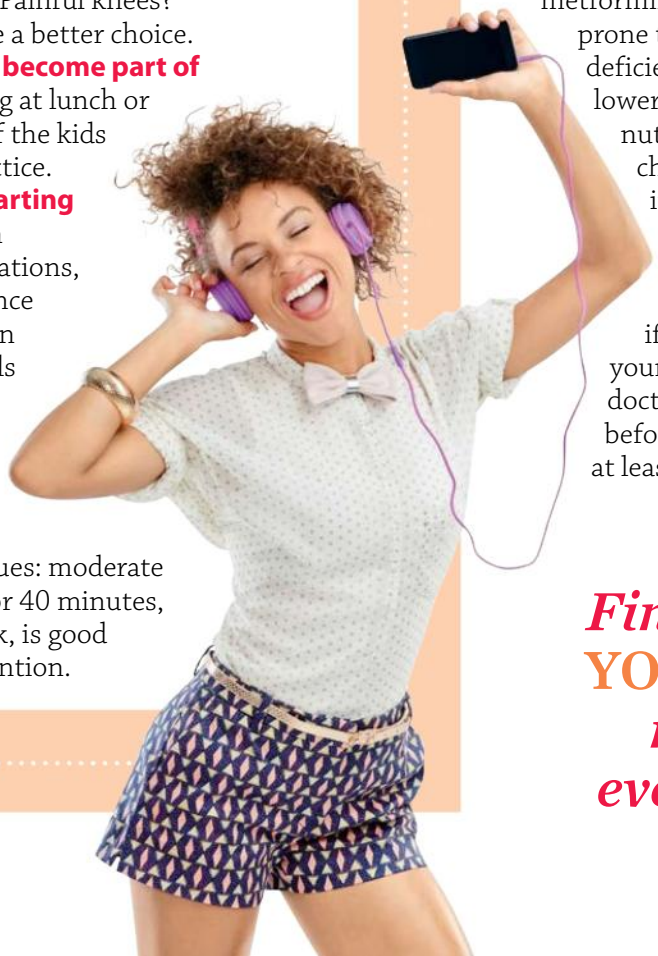
5

Meds and B12

Check your chances of a vitamin B12 deficiency

Some people who have been treated with metformin for a long time may be more prone to developing a vitamin B12 deficiency, as the medication can lower the body's ability to absorb the nutrient (found in meat, eggs and cheese). Speak with your doctor if you think you could be at risk of low B12 levels, says NPS MedicineWise. Supplements may help increase your levels if you're not getting enough in your diet. It's a good idea for your doctor to check your B12 level before you start metformin and at least once a year after that. ■

*Find something
YOU LOVE and
make it an
everyday habit*





STRIDES AHEAD

A leading global brand in textile innovation, Reflexa Socks helps people with specific health-related challenges, such as those living with diabetes. Reflexa Socks are made using an advanced microcirculation textile called Quattroxy that is proven to not only improve circulation but to help nourish cells and regenerate tissue as well.

Visit reflexa-socks.com.au for more information and to view the range.



CHOCOLATE HEAVEN

Want chocolate without the nasties? Little Zebra Chocolates are sugar free, lactose free, gluten free, soy and GMO free and some flavours are also vegan. Handcrafted using xylitol – a natural sweetener that doesn't spike blood glucose levels and has fewer kilojoules than sugar – Little Zebra Chocolates will please even the fussiest folk. See all the flavours at littlezebrachocolates.com.au or call (02) 8411 1423 for details.

MARKET PLACE

Check out these products. They may make managing diabetes easier



ON POINT

Unifine Pentips Plus features a clever built-in needle remover and chamber to hold used needles until you can dispose of them, making your injection routine safer and more convenient. The high-quality pen needles come in five lengths, are compatible with all major injection pens and are now available on the NDSS. Order a free sample pack from

pocd.com.au/uppsamples or call 1800 640 075.



WELL-HEELED

Show your feet some love with NS-8 Heel Balm Complex, a cream which quickly restores cracked, dry heels. The natural cream formula is truly non-greasy so there's no need to wear socks. Plus, it contains natural exfoliants so you don't require foot files – perfect for people with diabetes.

Available in pharmacies and online at NS8.com.au. RRP \$15.50 for a 100ml tube.

RECIPE *index*

SNACKS

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- 64 Chocolate, ricotta and apricot slice ●●
- 65 Cinnamon spiced bunny biscuits ●
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- 39 Lime and almond cake bites ●●
- 73 Ricotta, walnut and thyme figs ●●●
- 73 Savoury crumpets ●
- 73 Scrambled tofu on sourdough ●●
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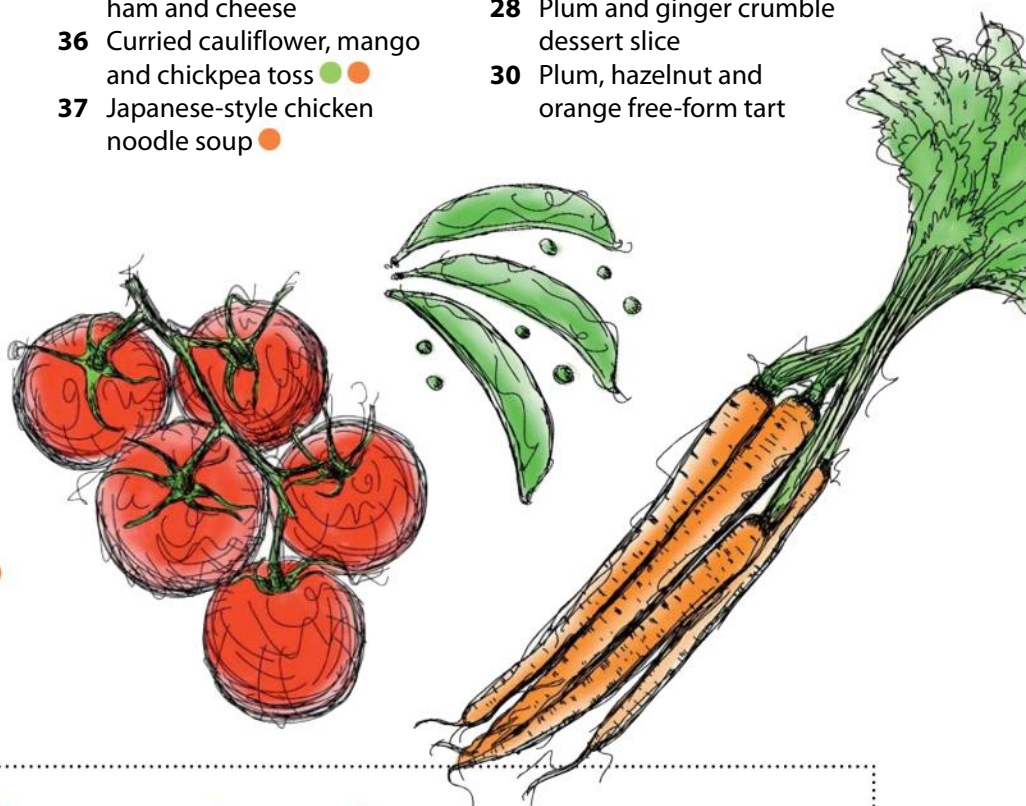
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- 37 Beef and bean nachos
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- 55 Creamy roasted cauliflower pasta ●●
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- 55 Veal schnitzel with herbed potatoes

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- 28 Plum and ginger crumble dessert slice
- 30 Plum, hazelnut and orange free-form tart



KEY ● Freezable ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

Slimmer in 7 days

BREAKFAST

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by answering these optional questions:

■ Do you have diabetes?

NO ☐ YES, TYPE 1 ☐ YES, TYPE 2 ☐ DON'T KNOW ☐

■ Does someone you know have diabetes?

NO ☐ YES, TYPE 1 ☐ YES, TYPE 2 ☐ DON'T KNOW ☐

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Postcards from the SHED



Everyone's favourite chippie, **Rob Palmer**, compares diabetes to a difficult client, but one that can establish positive outcomes, too



Diabetes may pitch itself as a chronic condition, but for me, the requirements of such regular maintenance, adjustment and attention can sometimes make it feel more like an extremely needy client than an illness.

There are days when the client is ripping into you from the second you wake up. Blood glucose levels (BGLs) 15+... Yikes. Dying of thirst and with that mucky, half hangover, half post-gym soreness feeling, you're not sure whether to go to the toilet, grab a drink or find your insulin stash first.

In any case you know you have an hour or two at least before your body feels normal again. By that time you'll be starving, having replaced your ideal morning feast with a handful of cherry tomatoes and a cup of tea. Sometime later a muesli bar on the run will usually help prevent the BGL bottom out, but at this point, you may, quite fairly, blame your @#3#&%\$ client for completely upending your day.

Since telling this client to "go and get stuffed" is not an option, it helps to have a few positive, fist-pump moments to balance out the monotony of day-by-day, hour-by-hour diabetes management. A slightly more positive spin on diabetes is to maybe see it as a silent partner rather than

a client. This offers me the chance to feel as though positive moments are contributing to my overall wellbeing. Things like a flat line BGL of 4-8mmol/L for any extended period. Or realising, as a slice of Mum's pavlova becomes available, that my BGL is at three. Simply waking up with a BGL of 5.2 is cause enough for celebration (that's not just normal, that's a success).

I also find it helps to see hiccups in management as learning experiences. Try not to ignore or forget about the blips, but instead use them to your advantage. If a series of learning experiences line up, it may be time for a small change in management. That negative information can then easily be turned into a positive course of action.

Another way that I minimise the impact of diabetes in my life is to make fun decisions without reference to diabetes at all. Do I want to run a half marathon? (NO WAY! But let's imagine I did.) First I say yes to life. Then I work out how I'm going to make that decision possible by the way I manage diabetes. Sure, it seems easier without diabetes. On the up side, maybe understanding our bodies' needs, as well as accepting there are guidelines to follow, will help us understand how positive choices can make our lives generally better. Plus, it'll make that diabetes client fit into our schedule, rather than the other way around! ■

*It helps to
have a few
positive,
FIST-PUMP
moments*



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